



Skin treatments using AFT pulsed light (Advanced fluorescent technology)

A thorough consultation will be given to assess your skin type, skin condition to be treated, number of treatments required and explanation of treatments. A test patch will usually be performed, this allows us to establish safe and effective treatment settings and results. It also allows you to observe and feel the treatment process. You will be required to sign a treatment consent form and complete medical history form. Any personal information collected is confidential and is kept for your treatment record only.

It is very important to avoid sun exposure on the area to be treated for at least 2 weeks before and after treatment, this also applies for fake tan, spray tan and solariums. Tanned skin cannot be treated.

About AFT pulsed light.

AFT, IPL, VPL, BBL, & EPL are all forms of intense pulsed light; the only difference is that some names are trademarked, as is IPL.

AFT pulsed light emits a polychromatic or broad spectrum of light to target different types of skin pigmentation and vascular lesions. The light when absorbed by the skin is converted to heat and depending on the wavelength used, destroys pigment, vascular lesions or hair but also targets water in the skin to stimulate collagen production. AFT can also target the bacteria (porphyrins) that cause acne. AFT can effectively reduce hair growth if used correctly but at BMLC we choose to use the Candela gentlelase laser for permanent hair removal.

Photo rejuvenation

Photo rejuvenation is a non invasive treatment that reduces most pigmented lesions, minimises superficial vascular lesions and stimulates collagen production. Skin looks and feels healthier, is more even toned and feels firmer and smoother.

AFT pulsed light is delivered via a hand piece. The light emitted penetrates the skin without breaking the surface layer. The light is converted to heat and destroys most pigmented and vascular lesions. Fibroblasts that are responsible for collagen production are stimulated by the heat and start to produce more collagen and elastin, resulting in firmer skin. This also helps smooth out fine lines, skin looks and feels smoother and plumper and pore size may be reduced. Usually 4-6 treatments are required.

Vascular lesions

Superficial vascular lesions can be caused by trauma, sun exposure, environmental or hormonal changes. They usually have the appearance of fine numerous diffused blood vessels located directly below the surface of the skin. Some vascular conditions are telangiectasia (broken capillaries), diffuse redness and rosacea. AFT pulsed light is absorbed by the skin and converted to heat. The heat generated coagulates the blood and destroys the vessel wall. The body sees the destroyed vessel as waste and absorbs it. The lesion may still be visible for up to 4 weeks as this process occurs. Usually 3-6 treatments are required 4-6 weeks apart.

Pigmented lesions

Increased pigmentation is caused by many factors: sun damage, hormonal (during and after pregnancy) vitamin A and C deficiency or congenital conditions. AFT can be used to reduce most pigmented lesions of the epidermis; however increased pigment in the dermal layer of the skin is much more difficult to treat.

AFT pulsed light is absorbed by the melanin of the pigmented lesion resulting in destruction of the proteins of the cell. The body recognises the denatured cells as waste and removes them via micro crusting of the pigmented lesion. The pigment will turn dark brown/black and lightly scab over the next few days. This is a desired sign and indicates that the pigment has been treated. Within 7-14 days the micro crusting will slough off revealing decreased pigment. 3-6 treatments may be required as we need to allow deeper pigment to move to the surface to be treated again.

Acne



Acne is a complex and often distressing condition and is best treated with a combination of treatment approaches. These may include pulsed light treatments, microdermabrasion, consultation with a GP or dermatologist, skin care program and dietary changes. AFT can significantly benefit some clients with acne, however not all clients will respond equally. For example cystic acne is situated deep in the dermal layer of the skin and does not respond well to pulsed light treatments.

Acne bacteria produce a substance called Porphyrin during the growth or inflammatory stage. The absorption via AFT leads to photo-activation of the porphyrin, this causes the formation of a singlet oxygen within the bacteria. Eventually destruction of the acne bacteria will occur, leading to clearing of the acne lesion. As previously stated not all acne conditions will benefit from AFT alone. During consultation we can advise you of which treatments may suit your skin type and condition.

Does it hurt?

AFT pulsed light treatments are usually tolerated well by most clients. It can be slightly uncomfortable and the feeling can be compared to a 'flick of a rubber band' with some heat.

Everybody's tolerance of AFT is different, however if it is found to be too uncomfortable a topical anaesthetic cream such as Emla can be used. This can be discussed during your consultation.

Are there any side effects?

Darkening or micro scabbing of pigment (this is a desired result), redness, mild heat sensation and slight swelling are normal and should subside within 24-48 hours. Aloe Vera and or ice packs can help with discomfort and swelling. Transient hyper pigmentation (darkening of skin) or hypo pigmentation (lightening of skin) which usually self corrects within 6 months. Blistering is rare and usually superficial and will heal within 7-10 days. Cold sores may be activated when they occur in the area to be treated. Intense pulsed light treatment is not known to cause cell mutation

Certain medications can cause side effects therefore is very important to complete medical history form correctly. Side effects are very rare and will be discussed at time of consultation.