



SPECTRUM

SUPERIOR IPL TREATMENTS & AFTER CARE

IPL



Spectrum IPL machines are the most clinically advanced in the world today. Harnessing the latest technologies for Australia, they are super fast and super effective on a range of skin conditions including: Hair reduction, pigmentation, vascular lesions, skin rejuvenation and acne.

How Spectrum IPL Works

What is IPL - Intense Pulsed Light Treatment?

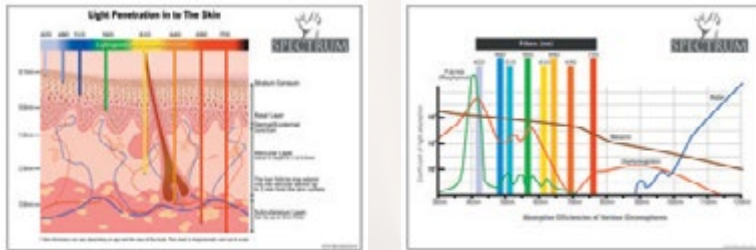
IPL is a non invasive medical technology that uses light therapy for permanent hair reduction, eliminating age spots, sun spots, freckles and unsightly discolourations of the skin, superficial capillaries, and other benign vascular lesions. It is also particularly effective for a high percentage of people with rosacea.

How does IPL work?

IPL works on similar principles to laser in that light energy is absorbed into certain target cells with colour in the skin. The light converts to heat, which damages the target cells whilst leaving the surrounding skin unaffected.

The cells that have been targeted will move naturally to the surface of the skin and slough off. This then leaves a much lighter effect on the skin whether it be pigment, vascular or general rejuvenation.

Why a Spectrum of light is important



Light at different wavelengths penetrates the skin to different depths. If the area to be treated is deep or shallow you must use a different wavelength of light so that you can penetrate the skin to the correct depth. The broadband light spectrum graph illustrates this beautifully. It shows there are different wavelengths of light that have the best absorption for different treatments.

Unique Handle Design

The Spectrum's ergonomic handle design makes the treatment process comfortable for both the operator and patient. We only use

the very best American Xenon lamps which produce 100% power across the entirety of the spot, meaning there's no overlapping necessary. The handles also incorporate a shot counter, water-cooled cooling system and will only flash with a filter correctly inserted.



Adjustable Temperature Control



Ensuring your comfort at all times is a major concern for all clinicians. The Spectrum combines water, air and sophisticated cooling microchips giving you complete control over a temperature range of -4 - +5°C.

What can be achieved with IPL systems?

Spectrum salons offer a range of cost effective and professional treatments including:

- Permanent hair reduction
- Reduction of pigmented lesions (sun spots)
- Reduction of vascular lesions
- Skin rejuvenation
- Acne treatment

Who is suitable for IPL?

Most people may be treated with IPL, if you have a health concern however, your doctor should determine if your health is suitable for IPL treatments. People with dark skin types can be treated effectively with IPL, although it may take longer for the results. A skin consultation will determine the parameters and suggested results for your skin type.

Do Intense Pulsed Light treatments hurt?

You may feel a slight pinch such as that of a snap of a rubber band, but no local anaesthesia or pain medication is required.

With hair removal, the level of pain reduces with each treatment as there is less hair to treat.

With pigmentation treatments, again the level of pain reduces with each treatment as the amount of pigment is reduced.

Are there any side effects from IPL treatments?

You may experience some short term effects. This may include slight reddening of the skin or local swelling which goes away within a few hours.

When treating pigmentation, these areas may darken for a few days after treatment.

Is there any down time or restricted activity after IPL?

You can return to work the same day and resume all regular activities. Treated areas must be kept protected from the sun for 6 weeks after treatment.

It is recommended to avoid hot showers and heavy, sweaty workouts 24 hours post treatment.

How many IPL treatments are required?

- Permanent hair reduction - 6 to 8 treatments
- Reduction of pigmented lesions (sun spots) - 3 treatments
- Reduction of vascular lesions - up to 4 treatments
- Acne treatment - 4 to 6 treatments
- Skin rejuvenation - 4 to 6 treatments are recommended

IPL for Hair Reduction

Spectrum clinics offer permanent hair reduction. This means that in most cases the majority of the hair will not return after a short series of treatments. The hair that is going to disappear for good will usually stop growing within this initial course, with any residual hair growth being finer, softer, lighter in colour and regrowing at a dramatically slower rate. This residual hair growth can be left alone, or you can have occasional maintenance treatments.

TREATMENT PLAN

This course of treatments will usually be 6-8 treatments 4-6 weeks apart.

WHAT TO EXPECT

Because treated follicles have been heated, the area may swell sometimes for a day or so.

Swelling results from heat, not infection, and is therefore normal and expected.

Crusts can occasionally form in some spots, as well as some darkening of pigmentation. Do not pick at these areas.

You may notice dead hair surfacing from one week after treatment. This process is called purging and will take time to complete. You can wipe away these hairs with a damp cloth or exfoliate with a loofah once the sensitivity of treated area is resolved, usually one week after treatment.

CARE OF TREATED AREA

Apply a cool compress if needed 1-2 hours after treatment to relieve swelling or sensation. Apply soothing/healing product as prescribed by your therapist.

PRECAUTIONS

Do not scratch or pick the area. Do not have a hot shower (tepid only) during the first 24 hours post treatment.

Wear protective clothing or use sunblock to keep area away from sun exposure.

Do not do a heavy, sweaty workout 24 hours post treatment.



IPL for Pigmentation

Spectrum clinics offer a treatment to reduce the colour of pigmented lesions caused by sun damage. IPL will provide a gradual and natural improvement to the skin, that is long-lasting. Sun damage typically seen on backs of hands, décolletage and face will respond well.

TREATMENT PLAN

- One treatment can show stunning results although it is recommended to have 3 treatments at 2-3 weekly intervals for optimal results.
- A doctor's letter confirming that no skin cancers are present is required prior to treatment.

WHAT TO EXPECT

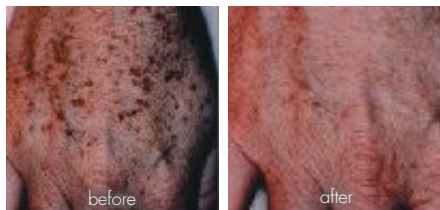
- Pigmented areas will darken noticeably within a few hours post treatment.
- The skin may have a dirty look which may last from 3-10 days.
- The skin may be slightly swollen, which may only last a few hours.

CARE OF THE TREATED AREA

- Use cold packs periodically to reduce any swelling.
- Apply after-care/healing products as prescribed by your therapist.
- Treat the treated area gently, no rubbing or scratching.

PRECAUTIONS

- Avoid hot showers, sun exposure and hot, sweaty workouts for 24 hours.
- Wear a 30+ sunblock on exposed areas.



IPL for Vascular Lesions

Spectrum clinics offer a treatment which will reduce facial vascular blemishes like fine thread-like vessels found on the cheeks and around the nose.

TREATMENT PLAN

- Generally 3 treatments will be needed 2-3 weeks apart to obtain optimal results.
- Smaller areas like the nose may take smaller period of time.

WHAT TO EXPECT

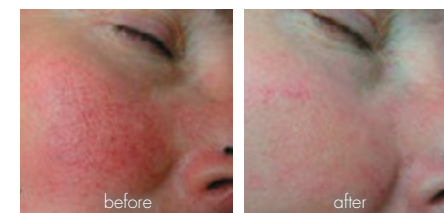
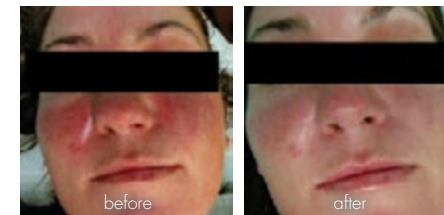
- There may be significant swelling, this can last for a few days.
- Some redness may be present.

CARE OF TREATED AREA

- Use cold packs periodically to reduce any swelling.
- Apply aftercare/healing products as prescribed by your therapist.

PRECAUTIONS

- Avoid hot showers, sweaty workouts, sun exposure and chlorinated pools 24 hours post treatment.
- Avoid flying for 1 week post treatment.
- Wear a 30+ sunblock on exposed areas.



IPL for Acne

Spectrum clinics are able to offer an acne management program for clients. Results will vary, but most people will see a significant improvement in skin condition, especially if they combine treatment with appropriate acne skin products.

TREATMENT PLAN

- 4 - 6 treatments are needed 1 - 2 weeks apart.

WHAT TO EXPECT

- Some redness may be present and could last for a day or so.

CARE OF TREATED AREA

- Use cold packs as needed periodically throughout the first few days if there is swelling or discomfort.
- Apply after-care as prescribed by your therapist.

PRECAUTIONS

- Do not scratch or pick the area.
- Avoid hot showers, sun exposure and sweaty workouts 24 hours post treatment.
- Wear a 30+ sunblock on exposed areas .



IPL for Skin Rejuvenation

Spectrum clinics offer an anti-ageing treatment which will improve skin tone and texture. This treatment will refine and refresh by increasing the production of collagen and elastin in the skin. Fine lines and wrinkles may soften. Also redness on the chest and neck can be treated.

TREATMENT PLAN

- 4-6 sessions are needed 2-3 weeks apart.

WHAT TO EXPECT

- Some redness may be present and could last for a day or so. Any pigmented areas may darken slightly before fading after a few weeks.

CARE OF TREATED AREA

- Use cold packs as needed periodically throughout the first few days if there is swelling or discomfort.
- Apply after-care as prescribed by your therapist.

PRECAUTIONS

- Do not scratch or pick area.
- Avoid hot showers and excessive workouts 24 hours post treatment.
- Wear sunblock 30+ at all times.
- Do not expose area to direct sun up to 6 weeks post.





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