

# Laser Birth Mark Removal

## Birth Mark (vascular)

### Do I have to live with varicose veins & spider veins?

No. As many as 50 percent of American women may be affected by varicose and spider veins. Fortunately, a variety of treatments are available to eliminate the appearance of these abnormalities. Spider veins, which spread like a spider's web, are flat, red, blue or purple veins on the skin's surface. Varicose veins are larger, distended or raised veins located deeper. When one-way valves in the veins fail, blood no longer flows efficiently, causing veins to become enlarged and congested with blood. Heredity, hormones and daily routines play a roll in determining whether or not the valves will fail, leading to abnormal veins. While both types are cosmetically unappealing, varicose veins can be painful as well. Cramping, burning, itching and swelling are all common symptoms associated with varicose veins. In rare cases, they can bleed. For severe cases, doctors can remove veins surgically or by using a catheter to deliver radio-frequency energy to collapse the vein. Both methods require anesthetics and a long recovery.

### What is a vascular lesion?

A vascular lesion is a blood vessel(s) that has expanded below the skin. They appear in different forms, sizes and clusters anywhere on the body and are all typically red or purple in color.

### What causes vein problems?

The five key factors that contribute to such circulatory problems at midlife and beyond are as follows:

- Poor nutrition
- Excessive weight (> 20% above normal body weight)
- Sedentary lifestyle
- Chronic constipation and straining with bowel movements
- Prolonged standing (and even sitting)

### How does Laser therapy work?

The combination of light and radio frequency energies provides controlled selective thermolysis to vascular lesions including Telangiectasias (facial veins) and leg veins up to 4mm in diameter. The applicator also includes build-in contact cooling which ensures additional epidermal protection and comfort for the patient. Bi-Polar RF is controllable and predictable. The Bi-Polar Radio Frequency of elos™ technology flows between the two electrodes of the application head, delivering maximum targeted energy to the treatment area.

### How many treatments are required?

Certain lesions may require more than one treatment depending on their size and type. Depending upon the laser selected, between 25-75% of spider veins may clear with one treatment. The individual response varies with skin type, color and laser selected.

### What happens after treatment?

Our newest spider vein laser results in no bruising or crusting and you may return to work that same day. After the treatment, the veins will become darker and more pronounced. This fades over 7 to 10 days. Clearing begins and skin

tones return to normal over the next few weeks. For facial veins, make-up can be worn within seven days, and sunscreen is recommended for six weeks following treatment.

Is it safe?

Lower energy levels result in superior results and maximum safety. Most people experience no side effects at all, though a few exhibit some short-term local reddening of the surrounding skin. Treatments require no patient downtime. Published studies state that the risk of scarring is less than 1%.

Are there any treatment alternatives?

Yes, (e.g. electrocautery and vein injections) but none are as effective and the risk of scarring is greater. In addition, they may not be feasible to diffuse extensive lesions.

How much does it cost?

Charges are based upon the time required for treatment or the number of pulses employed. Total cost will depend on the number of treatments and the size of the area. Treatments may be as low as \$100.

Birth Mark (mole)

Dr Speron has a tremendous amount of experience with Laser Mole Removal in Chicago. It is one of the services most commonly performed at his office. He is able to offer all types of options to his patients:

- he performs all the various mole removal procedures including minimally invasive and no-scar approaches
- he uses all types of laser mole removal techniques
- all mole removal services are offered in an office setting, meaning there are no hospital or surgery center visits
- insurance can sometimes cover the procedure costs, even if your mole is not cancerous

What is a pigmented lesion?

A pigmented lesion is a raised or flat spot on the skin which is brownish, blue-black or tan in color. It appears as a mole, freckle, sunspot, birthmark or aging spot.

How does Laser Mole Removal work?

Laser Mole removal involves releasing laser light energy to the targeted area. The Laser light energy is absorbed only by the pigment in the skin. The pigment is broken up and then "carried away" by the body and absorbed during the healing process.

How many laser mole treatments are required?

Most aging spots, sunspots and flat moles can be removed with a single treatment. Repeat treatments may be required for certain birthmarks and moles (nevi) due to the depth of pigment. Most patients receive around three laser mole removal sessions.

What happens after laser mole treatment?

Immediately after treatment, the area usually turns darker. This fades very quickly and the mole seems to "fall off" after 4-7 days. Makeup can be worn the same day and sunscreen is recommended for six weeks following treatment.

Is laser mole removal safe?

The IPL laser has been used successfully for years. The risk of scarring is typically less than 1%.

Are there treatment alternatives to laser mole removal?

Yes, (e.g. liquid nitrogen to freeze the mole, cautery to burn the mole, surgical mole removal, mole shaving) but none are as effective and the risk of scarring is greater. In addition, they may not be feasible to diffuse extensive lesions (e.g. nevi and birthmarks).

How much does laser mole removal cost?

Charges are based upon the duration of time required for treatment and will depend on the number of pulses, treatments and the size of the area. Treatments start as low as \$50 per mole per treatment.

Are there any other options other than laser mole removal?

Yes, some people can use skin lighteners or bleaching agents to help eliminate or fade away moles. Of course, skin care creams are not recommended if your mole is suspicious in any way! Of all of the physician-strength skin care options, the one that we recommend the most is neaclear® Liquid Oxygen Facial Pigment Control. The Key Benefits are:

- helps control skin's pigmentation.
- gradual bleaching.
- contains hydroquinone 4% which corrects bothersome hyper pigmentation such as freckles, melasma, chloasma, senile lentiginos and liver spots.
- easy to apply and quick absorbing.
- can use on face or body.

Remember, hyperpigmentation can occur due to sun-damage, genetics, hormonal imbalances, pregnancies or medications. melanocytes (pigment cells) can become over stimulated and thus pigmentation increases. Facial pigment control corrects bothersome unwanted areas of hyper pigmentation such as freckles, melasma, chloasma, senile lentigines and liver spots. Hydroquinone suppresses pigmentation in order to lighten the hyperpigmented areas. When using Hydroquinone, it is important to stay out of the sun for the treatment to work. Always wear full spectrum sun block and a hat and try to avoid sun exposure between 10:00 am and 2:00 pm.