



# LASER THERAPIES

Wrinkle treatment • Skin firming • Pore reduction • Acne • Portwine stains • UV light damage • Pigmentation marks, age spots and sun spots • Scars • Haemangiomas and spider veins • Cellulite • Fat deposits • Hair removal • Benign skin alterations





Dear Patients,

Lasers are used in the field of dermatology to treat various skin disorders and they have revolutionised aesthetic medicine. We have been using a range of laser therapies at our surgery since 1995 and, as a result, we have many years of practical experience based on thousands of laser treatments. We select the ideal treatment for you from a range of 10 of the very latest laser systems. Laser is the abbreviation for Light Amplification by Stimulated Emission of Radiation. Each of the laser methods release energy and therefore heat into the area being treated. As a result, some of the laser treatments are inevitably associated with side effects such as blistering or scabbing. They can also increase or reduce pigmentation. That's why it is important to ensure that your laser treatments are always performed by qualified physicians or technicians with medical training. Even though people without any formal medical qualifications are currently allowed to use lasers, you can only minimise or eliminate all of the risks associated with laser treatments by ensuring that they are performed by a qualified medical expert!

We provide you with detailed advice about all treatments you plan, desire or are obliged to carry out and map out the therapy options for you. We also provide information about success rate, potential risks and side effects.



Dr. med. Stefan Duve



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## HARMONY LASER

The state of the art Harmony laser offers optimum combination options and delivers a convincing performance. It sets new standards of versatility and reliability in medical and cosmetic treatments and can be used for a comprehensive range of applications at different wavelength settings.

### Harmony laser wavelength 420 – 950 nm (blue)

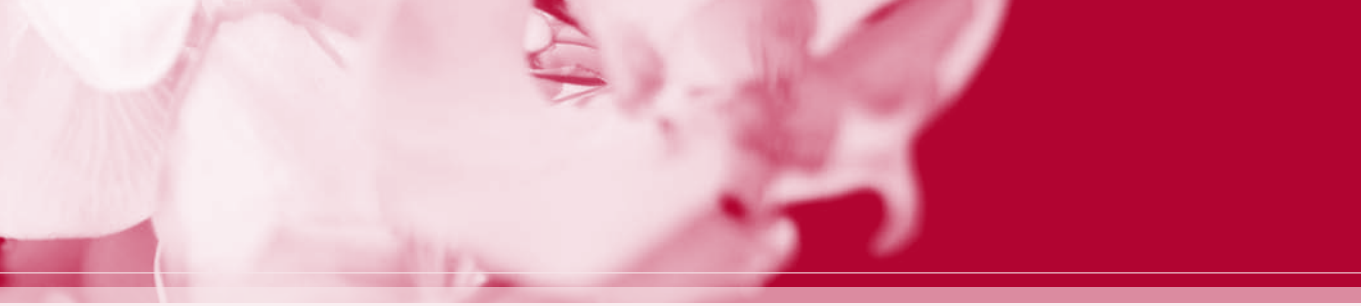
This wavelength is used to treat the inflammatory form of acne (acne pustulosa and papulopustulosa) on the face, cleavage and back. The laser targets the acne bacteria. This wavelength is not recommended for people with darker coloured skin because it can cause pigmentation irregularities.

### Harmony laser wavelength 570 – 950 nm (yellow)

Removes haemangiomas, dilated veins and capillaries in the face and fine spider veins. Large pores are reduced in size after several applications.

### Harmony laser wavelength 540 – 950 nm (green)

For the treatment of wrinkles and enlarged pores on the face, the back of the hand and the cleavage. The positive side effect of this rejuvenating treatment is that it eliminates pigmentation marks and uneven skin surface. Small scabs can form for 5 to 7 days after treatment at this



wavelength. Deep dermal heat at 60 degrees Celsius is applied to induce the production of new collagen and connective tissue. However, local anaesthetic is not necessary.

#### **Harmony pixel**

The laser peppers the skin with little holes, penetrating down to the collagen fibres. Suitable for improving skin texture, skin rejuvenation and for the treatment of acne scars. The small post-treatment scabs heal within approx. 1 week.

#### **Harmony ST infrared**

The new laser-type device firms the skin and connective tissue without damaging the epidermis. The laser's special pulsed light enables deep dermal heating up to temperatures of 40 to 45 degrees Celsius. This tightens the worn collagen fibres and the fibroblasts and promotes the formation of new fibres. Visible improvement is evident after only 3 to 5 sessions. Other than the sensation of warmth in the deeper layers of the skin, this treatment is pain free, has no visible side-effects and you can return to your ordinary activities straight away. Laser therapy is suitable for all areas of the body with sagging skin. Best effects are achieved on crow's feet, lower eye lids, cleavage, loose upper arms and sagging skin in the stomach region, for example after pregnancy.



## RUBY LASER

**Pigmentation marks, age and sun spots, freckles and post-inflammatory pigment darkening, tattoos**

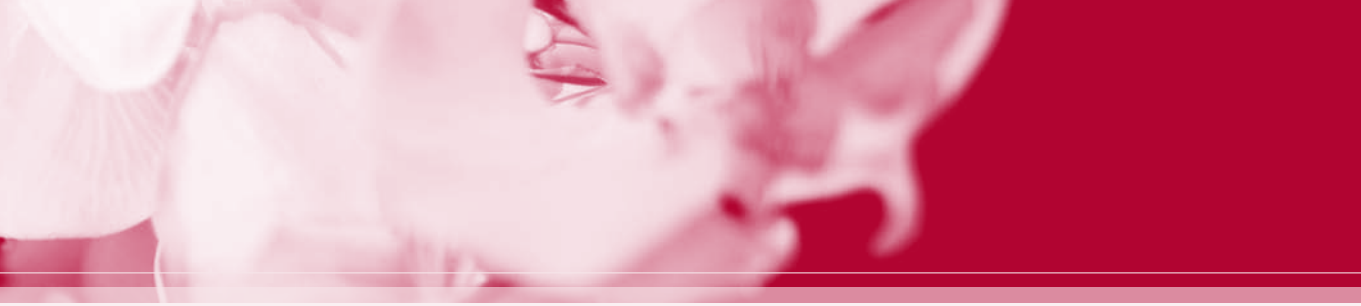
The treatments should be scheduled during the colder half of the year. They do not cause any scarring and are implemented in several sessions at 3 to 4 week intervals. This laser can be used all year round for epilation and tattoo removal. It removes black, blue, green and brown tattoos. It is not possible to remove yellow, purple and white tattoos by laser. When used as a resurfacing laser, the Ruby laser causes scabbing (except in laser epilation) which lasts 7 to 14 days. The treatment can be performed without local anaesthetic.

## NEODYM YAG LASER | MYDON LASER

**Haemangiomas and blue spider veins**

Main application for the Neodym YAG laser is the treatment of haemangiomas and blue spider veins. Several sessions are necessary. At the time of treatment, the skin should be as pale as possible. Subsequent treatment with pressure bandages is not necessary.

The laser is also suitable for the removal of red and orange-coloured tattoos. It is not possible to remove yellow, purple and white tattoos by laser.



## ACCENT

### Cellulite and excessive fat deposits

The ACCENT isn't a laser in the conventional sense. It emits radio waves in the megahertz frequency to heat up the subcutis and the fatty tissue. This damages the fat cell membranes, destroying and contracting the cells, and it also firms connective tissue. The target temperature to achieve this effect is 42 to 45 degrees Celsius. The skin surface remains intact, so there is no recovery time and the patient can go straight back home or to work. The treatment can be performed all year round without the need for a local anaesthetic. Several sessions are necessary.

## LIGHTSHEER LASER

### Hair removal

Removes excessive hair on the face, neck, underarms, arms, legs and in the bikini zone. Since hairs grow in cycles, the sessions are booked at intervals of 3 to 6 weeks. Around 5 to 7 sessions are necessary to achieve a satisfactory result. We do sometimes use a local anaesthetic cream, despite the fact that the laser treatment is well tolerated without local anaesthetic. The LightSheer laser produces the most effective results on people with dark hair because the hair pigmentation conducts the laser energy to the hair root. → You can find further information in our "Classic Treatments" brochure or at [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com)

## KTP LASER

**Pale red veins or couperosis, spider veins, haemangioma, portwine stains, age-related haemangiomas**

This laser “welds” the veins together, only occasionally causing scabbing which heals after a few days. Patients should avoid dilating their blood vessels excessively through sauna, hot baths, sport or alcohol for 3 to 5 days after the treatment.

## CO<sub>2</sub> LASER AND ERBIUM YAG LASER

**Benign skin alterations, UV light damage, wrinkles, scars**

All benign skin alterations (tumours, viral warts, pigmented warts) and also light damage, keratosis, lentiginos and wrinkles can generally be removed without scarring. The appearance of acne, accident or surgical scars can also be considerably improved. The treatment is painful and only possible under a local or full anaesthetic. Scabbing is unavoidable. Alternatively, the Erbium YAG laser can be used for the same range of indications as the CO<sub>2</sub> laser.

— Visit [www.haut-und-laser-zentrum.com](http://www.haut-und-laser-zentrum.com) for further information.



## FRACTIONAL PHOTOTHERMOLYSIS

Wrinkles, UV light damage, uneven skin surface, pigmentation marks and sun spots, scars

The new fractional photothermolysis treatment with an ultra-pulsed CO<sub>2</sub> laser gently applies the laser beam heat and distributes the energy dose. This is a low-pain treatment and patients only require a local anaesthetic cream. After the treatment, a sunburn-like peeling occurs on the skin for 5 to 10 days.

Fractional photothermolysis produces the same results that were obtained previously in more aggressive treatments which led to widespread scabbing or lasting redness. Today, only 1 to 3 treatments are required at approx. 3-month intervals with only short recovery times.

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