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WHAT YOU SHOULD KNOW ABOUT THE MULTILIGHT™ INTENSE PULSED LIGHT TREATMENT

The MultiLight™ is an effective and safe skin treatment using an intense pulsed light source to reduce redness and flushing over the face and neck, as well as improving brown spots on sun damaged skin. While this device uses light to remove blood vessels and dark spots caused by chronic sun exposure as well as decrease pore size and rejuvenate the skin, it is not a laser. It may reduce fine wrinkles, but is not a treatment for deep wrinkles. Treatments are usually spaced apart every 3 weeks.

You should not have this treatment if you:

- ◆ Are pregnant
- ◆ Have a connective tissue disease such as Lupus
- ◆ Have been on an Accutane or an oral retinoid in the past 6 months
- ◆ Are currently on a medication that makes you sensitive to the sun (some common ones include: Doxycycline; Chlorpromazine; Diuril; Lasix; Hydrodiuril; Feldend; Cardarone; Phenergan; St John's Wort)
- ◆ Have a recent tan

You should understand that one or more of the following may occur:

◆ Recurrence of Blood Vessels

Not all blood vessels will disappear after one treatment no matter how skilled the operator. This is because all of the little blood vessels are under pressure to reopen after they have been closed with our treatment. The patient must understand that it may take several procedures for adequate satisfaction.

◆ Incomplete Removal or Recurrence of Brown Spots

Some pigmented spots may be quite resistant to any one treatment or they may recur. We will usually use lightening agents for patients who are prone to excess pigmentation.

◆ ***Redness And Swelling***

Immediately after treatment, the area treated may have a degree of swelling and redness because of irritation of the damaged blood vessel wall. This redness may last a day or two and is usually easily covered with makeup.

◆ ***The Formation Of A Scab Or Darker Spot***

While temporary, treatment may result in some degree of dry, dark, crusting or a small rough scab. We suggest these be treated with an antibiotic ointment such as Polysporin or triple antibiotic and be covered with a small Band-Aid. The scab will fall off within a few days.

◆ ***Pigmentation***

In the susceptible patient, irritation to the skin may induce a degree of excessive pigmentation, especially in darker-skinned patients or those prone to abnormal brown spots. We may prescribe the use of topical lightening agents to prevent or treat this problem, which is not permanent.

◆ ***New Blood Vessels***

The fact that we are removing unwanted vessels may not decrease the tendency for some patients to develop new vessels. Those who develop unwanted facial vessels in the first place may, over time, develop some new ones. These, in turn, can be treated and improved when they occur.

PRE-PROCEDURE PLANNING

- You should avoid the sun for at least one week before treatment. You should not have a tan or sunburn—we will not be able to treat you.
- You should avoid perfume or cologne on the area to be treated for at least three days.
- You will need to purchase a topical anesthetic called Ela-Max. You should put this on the area to be treated (liberally) 45 minutes before your scheduled appointment.

WHAT TO EXPECT DURING THE PROCEDURE

- We will wipe off the topical anesthetic.
- The treatment is performed with you lying on an exam table, as this is the most comfortable position.
- We will have you wear protective eyewear.
- We also ask that you close your eyes during the treatment.
- We will place a cool gel on the area to be treated.
- When the treatment is performed, you will perceive a light and a slight burning but tolerable sensation.
- Following treatment which takes approximately 20 minutes, we will give you a towel to wipe off your face.

POST-TREATMENT CARE

- ✓ Avoid the sun for at least 2 days following the procedure.
- ✓ Wear sunblock (with titanium dioxide) or sunscreen (with Parsol 1789).
- ✓ You may wear make-up the following morning.
- ✓ You may place a bag of frozen vegetables wrapped in cloth on the treated area to reduce swelling. You should do this for 20 minutes several times during the first 2 days.
- ✓ For the first night, if your face was treated, you should sleep with an extra pillow to elevate your head.

IN CASE OF EMERGENCY:

Please call the Dermatology Clinic at 650.725.5272, and ask for Dr. Gladstone. If the Clinic is closed, please call the hospital paging operator at 650.723.6661, and ask for Dr. Gladstone. If there is no response to your page, ask for the dermatologist on-call.