

Nlite-V treatment for Active Acne.

Inflammatory Acne is the most common skin problem to affect mankind. Over 90% of teenagers will suffer from it. It is a chronic inflammatory disease of the oil producing glands. It is most commonly found on the face followed by the shoulders, back, chest and other areas. The lesions can be non-inflammatory, seen as black heads and white heads, and inflammatory, producing papules, pustules, cysts and nodules.

The oil producing glands in the skin overproduce oil, which hardens and blocks the pores. This can result in the overgrowth of a bacterium on the skin known as propionibacterium acnes, which cause inflammation.

Some of the myths surrounding the cause of this condition include that it affects only teenagers, you'll grow out of it, that it's due to diet or a poor cleanliness. All of them not true!

30% of teenage sufferers will continue into adult life with the condition and it can result in scarring, both of the skin and the psyche.

At the Solas Dermatology Laser Clinic we believe in an individual approach for each patient that comes to us for treatment. We begin with a consultation, during which we look at the current skin management regime, including all the products the patient may be using. The full medical history of the patient is taken and an examination of the skin is carried out to assess the current situation. We may suggest some tablets, creams or gels for a home-care regimen. Treatments such as the Nlite-V laser will also be explained. The treatment is individualised for the patient; what is suitable for one patient may be unsuitable for another. Full costing for the products and laser treatments are explained at your consultation visit and the patient is under no obligation to make any decisions at that time. We always encourage people to consider the information before embarking on any course of treatment. To arrange a consultation or for any further information simple call us on: 066 7125611.

The Effects of Nlite-V Laser Treatment on Acne

Without a doubt, the biggest breakthrough for many years in the treatment of Active Acne is the Nlite-V Laser. This laser was introduced to the UK at the beginning of 2000 as a collagen building laser designed for reducing fine lines and wrinkles, and treating general signs of skin aging, and has enjoyed six successful years treating such conditions. During these treatments however, especially for the reduction of scarring that acne sufferers often experience, it rapidly became apparent to the laser users that the active breakouts that were present during the Nlite-V treatment settled very rapidly following the laser treatment. Within a short time Nlite-V clinics had a number of patients who were actually controlling their acne using laser treatment, in conjunction with the correct non-laser regimes.

Since that time, there has been a full clinical trial carried out on the use of the Nlite-V for active acne by Dr Tony Chu, Consultant Dermatologist and world leader in acne research from the Imperial College and Hammersmith Hospital, the results of which

were published in "The Lancet" medical journal. This trial has shown that, over a 12-week period, the number of active lesions such as pimples and spots dropped dramatically, even after only one laser treatment.

The way in which the Nlite-V works is twofold:

First, the laser light kills the acne bacteria that cause the infection, and which lead to the formation of spots and lesions. The whole face is usually treated, killing bacteria over a wide area and reducing the risk of infection spreading and further breakouts.

Secondly, we see increased amounts of new dermal collagen produced below and around the spots giving a huge boost to the healing process, causing spots to disappear with a decreased likelihood of scarring developing.

The treatment is painless with few potential side effects and we believe that in comparison with current popular treatment options such as long-term antibiotics and hormonal tablets, Nlite is a treatment that is safe, effective and accessible to our clients.

Nlite laser is not recommended under the following circumstances:

- If you are using any type of Retin-A, glycolic acid or AHAs on your skin, we recommend that you stop them approximately one week prior to your appointment date unless we have instructed you differently in your consultation. You may resume these products approximately seven days after your treatment.
- The use of aspirin and aspirin containing products should be avoided for approximately one week before your appointment date, unless these are prescribed by a Doctor for serious medical conditions such as heart disease. Once again, you may resume these products approximately 7 days after treatment. You can take paracetamol for pain or fever instead.
- Since the Nlite process for collagen stimulation is a low grade inflammatory one, the use of anti-inflammatory products such as Nurofen, Ibuprofen, Voltarol, and Aloe Vera will reduce the results that you get. Therefore, it is our advice that these products are not taken at all for at least seven days before and after treatment.
- During clinical research it has been found that the effects of smoking drastically reduce the results of the Nlite laser, therefore it is very important that you do not smoke on the day of treatment, and for 48 hours after the treatment, to ensure the effects of the cigarettes are completely removed from your system.

The Nlite laser is **not** suitable for clients who;

- Are pregnant
- Are prone to keloid formation
- Have a history of poor wound healing
- Are taking medications which create light sensitivity
- Are taking certain anti-seizure medication for epilepsy
- Are taking Roaccutane tablets and for six months after finishing Roaccutane.