



SPOTLIGHT ON

Clear Skin

LUMECCA IS THE LEADING LIGHT IN IPL TREATMENT FOR SUN DAMAGE AND PIGMENTATION.

WORDS BY MARIA LEAHY

It's been more than 20 years since Intense Pulsed Light (IPL) first appeared on the aesthetic scene, but as often happens with emerging technologies, there's always room for improvement.

With early IPL candidates reporting an uncomfortable experience with sometimes unpredictable outcomes, many turned away from IPL in favour of more progressive solutions.

Yet, it seems IPL technology is determined to make a comeback, with its latest reincarnation revitalising the skin in a way not possible with earlier devices.

WHAT IS IPL?

IPL devices produce a broad spectrum of light in a range of different wavelengths that target either melanin or haemoglobin.

They can be utilised to reduce unwanted hair growth, fade brown spots, and minimise the appearance of enlarged or broken capillaries and port wine stain birthmarks. While IPL can be used to treat a variety of skin concerns, it is not specifically designed to target any one condition. In this respect, IPL differs from laser technology as laser tends to be very specific in the

conditions it is used to tackle.

The latest IPL offering to enter the Australian market, distributed by High Tech Laser, is the Lumecca IPL device. This machine is more refined in its ability to target different skin concerns than its predecessors, allowing it to produce similar results to those of laser, but without the downtime. 'The Lumecca IPL device is what IPL always should have been, but never really was,' says Dr Bruce Williamson from SkinSmart Medical Services, Balgowlah, NSW. 'It works more like laser than traditional IPL and produces more reliable results than other machines I've used.'

Lumecca employs IPL to selectively target a variety of skin types and conditions, ranging from facial pigmentation, superficial vessels, coarse skin texture to photo damage. Plus, the optimised emission of Lumecca makes it suitable for a wider variety of skin types than traditional IPL devices.

HOW IT WORKS

By firing shorter pulses of light than previous machines, the Lumecca IPL is better able to target specific zones of problematic pigmentation. While Dr Williamson treats a huge range of people at his clinic, he commonly uses the Lumecca IPL on fair skinned individuals who have suffered the effects of sun damage. For this reason, it is typically performed on parts of the body that receive the most sun – for example, the face, neck and forearms – but its use is not restricted solely to these areas.

'The Lumecca machine is ideal for patients who are looking to freshen up their appearance without the downtime associated with laser,'

Dr Williamson explains. 'I use it to treat pigmentation issues like freckles and melasma, a hormone related condition, and also to reduce the appearance of rosacea.'

'Patients find Lumecca treatments less painful than other IPL sessions. It produces less swelling and requires no real recovery time, making it very attractive for busy individuals,' he adds.

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WHAT THIS MEANS FOR THE PATIENT

In addition to generating more predictable results from a less intimidating process, Lumecca patients can expect fewer treatment sessions than those who opt for less advanced technologies. 'I generally schedule 45 minute sessions for Lumecca,' says Dr Williamson. '30 minutes of each session involves actual treatment with the device. Where other machines require three to five sessions to achieve the desired effect, for Lumecca I only recommend one to three.'

'I've received excellent feedback from patients who have undergone this treatment. For some, just one session produces the result they want. The Lumecca IPL does more in terms of skin rejuvenation than anything else I do,' he concludes. **CBM**

Before & after Lumecca treatment

When treating the effects of sun damage, it makes sense to avoid excessive levels of sunlight before and after treatment. 'I have turned away patients who were too tanned to be treated,' says Dr Williamson. 'Performing this procedure on tanned skin could potentially lead to a burn on the surface of the skin, or even produce scarring. Sun protection should be worn before and after treatment for best results.'

In the days following the application of the Lumecca IPL, dark patches of pigmentation may become visible on the skin's surface. This is a temporary state which should not be interrupted. Over the course of a week these spots will fade to reveal fresher looking skin.

FOR MORE INFO

To find a Lumecca practitioner in your area, visit www.likeyourlook.com.au