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**FAQ’s – Wound Healing & Pain Management with LightPod Neo**

**Contraindications:** Patients that should not be treated include:

- those who are sunburned or have irritated skin in the sites to be treated

- those who are exhibiting unidentified skin conditions in the sites to be treated

- those who have healed poorly after other types of laser treatments

- patients prone to skin discoloration

- patients who are taking photosensitizing medication, such as Accutane, should discontinue the medication 6 months before treatment

- patients who are taking topical Retin-A, patients should wait 2 weeks before treatment

- don’t apply laser energy to any raised lesions, aside from purely red ones i.e. angiomas; other lesions should first be checked by a dermatologist

Patients who are sunburned should wait until the burn subsides. Herpes Simplex Labialis (fever blisters) can be activated by laser treatment, especially on the upper lip, and patients with a tendency for fever blistering can be started on antiviral medication before treatment.

**Setting expectations:** Some patients may not respond as well as others. Typically, with pain management, results should be noticeable immediately after treatment, but results could take longer depending on the severity of the condition and if it is a chronic or acute condition. Wound healing is a slower process that can take a number of treatments to visibly see results and closure, which will also depend on the severity, depth, and size of the wound as well as the patient’s immune system’s ability to heal. Each person’s healing process, known as the healing cascade, is different and therefor the time between treating inflammation, tissue regeneration and tissue remodeling can be very different between patients, but laser therapy can help speed these processes.

**How many treatment sessions are required?** Typically, the more chronic or severe the condition, the longer the body takes to respond. The majority of conditions treated will take anywhere from a single treatment to multiple treatments. Once again, the number of treatments you need depends upon the severity of the condition and how long you've had it. Certain conditions may require several treatments a week to effectively and sufficiently heal properly.

**Is it painful?** Laser therapy is completely painless for most people. A small percentage of patients report feeling a tingling sensation in the treatment area. Some people feel a slight sensation of warmth. However, the majority of people feel nothing during treatment. LightPod Neo laser therapy stimulates the body’s natural healing response to produce beneficial effects.

**Is it ok to do multiple passes or pulse over the same area? It** is generally recommended that multiply passes are applied over the affected area to sufficiently heat the tissue enough to optimize the immune response and effectively start the healing cascade.

**How do lasers help with wound healing and pain management?** Lasers supply pulses of light that penetrate deeply into the skin and surrounding tissues, they optimize the immune responses of the blood. The effects are both anti-inflammatory and immunosuppressive as the healing cascade begins. Laser light transmitted to the blood in this way has positive effective throughout the entire body, supplying vital oxygen and energy to every cell.

**What’s the spot size for wound healing and pain management**? The Neo typically utilizes a lower fluence and larger spot size for healing due to the depth and gentle pulses needed to effectively stimulate healing.

**Can it be used on dark skin?** Actually, the LightPod Neo is the safest laser in the industry for darker skin types or tanned skin. This is because of MicroPulse-1064 technology, which essentially eliminates treatment pain while minimizing the chances of hyper and/ or hypo-pigmentation. Patients with skin types IV-VI should be treated very cautiously, especially in the facial region, as they pose a higher risk of having hyper and/or hypo-pigmentations.

**What happens after treatment and how soon can I expect results?** Immediately after treatment, a wound should be covered with an appropriate dressing. Whether you notice immediate improvement or not, depends on the type of condition and the length of time the condition has been present.

Typically, the more chronic or severe the condition, the longer the body can take to respond. Treatments can range from single treatment to multiple treatments to achieve the desired results. Once again, the number of treatments you need depends upon the severity of the condition and how long you've had it.

There are some conditions that cannot be completely resolved but can be helped, improved and maintained with laser therapy. If your condition does not change immediately, it may take 3-4 sessions before a noticeable change is experienced.