



I SEGRETI DI PALOMAR STARLUX 500

LA DR.SSA MICHELA CEMPANARI CI INTRODUCE
A UN LASER MEDICALE CHE AIUTA
A RINGIOVANIRE IL CORPO E LO SPIRITO

Ultimamente, tra le nicchie altamente tecnologiche della Medicina Estetica, spicca la piattaforma Palomar StarLux 500 che grazie ai suoi manipoli intercambiabili consente di trattare diversi inestetismi cutanei.

Ne parliamo con la dr.ssa Cempinari che si avvale di questa tecnologia. «Il sistema multidisciplinare Laser e IPL (Intense Pulse Light "Luce Pulsata Intensa") Palomar StarLux 500 grazie all'ampia offerta di manipoli progettati e dedicati al trattamento di molteplici patologie consente una vasta gamma di applicazioni medico-estetiche e permette di eseguire trattamenti Laser e IPL veloci, sicuri e con una convalescenza minima per il paziente. Come detto, il sistema dispone di diversi manipoli con i quali è possibile affrontare molteplici problematiche anche combinandoli in un programma terapeutico globale che offre risultati naturali e duraturi nel tempo».

Quali sono i trattamenti che si possono effettuare?

Il Palomar StarLux 500 con il manipolo Laser Lux1540 E-Glass è lo strumento d'elezione per il moderno resurfacing non ablativo grazie alla tecnologia frazionata che permette di trattare rughe profonde e superficiali, smagliature, cicatrici chirurgiche, cicatrici da acne, cheloidi e cicatrici da ustione. Attraverso il manipolo IPL Max G, si possono essere trattate le discromie del volto, collo, décolleté, mani e braccia sia di origine pigmentaria (cheratosi solari, lentigo solari o senili) che vascolare (couperose). Analogamente, si impiegano i manipoli LuxY o Lux R per l'epilazione progressivamente definitiva che può essere effettuata su tutti i fototipi di pelle trattando anche i peli più chiari. Infine, il manipolo Lux1064 permette il trattamento delle teleangectasie a livello degli arti inferiori; angiomi (angioma rubino, angioma cavernoso, angioma stellato); emangiomi.

Il protocollo cosa prevede?

Il protocollo terapeutico è differente a seconda del tipo di inestetismo cutaneo da trattare. Solo dopo una prima visita e un colloquio con il paziente, per capire le reali esigenze, è possibile definire un esatto protocollo terapeutico che può variare da una singola seduta per il trattamento delle teleangectasie degli arti inferiori a 4-6 o più sedute per l'epilazione progressivamente definitiva.



***"Un laser,
molte applicazioni"***



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SENTIRSI BELLE NON È MAI STATO COSÌ SEMPLICE

UN PROTOCOLLO EFFICACE PER RIGENERARE LA PELLE:
LO SKIN RESURFACING, TRATTAMENTO DISPONIBILE
DA M.C. SURGERY DELLA DOTTRESSA MICHELA CEMPANARI

Con il termine skin resurfacing si intende la ricostruzione della superficie della pelle con un grado di penetrazione che arriva fino al derma, in tal modo si stimola il derma in modo costante e regolare consentendo la rigenerazione del tessuto in maniera naturale e indolore.

Da alcuni anni il progresso della tecnologia ha reso disponibili dei laser con tecnologia frazionale che permette di concentrare le proprietà di ablazione e di stimolo termico del laser sul tessuto solo su alcuni punti lasciando delle aree di cute indenni. Il laser frazionato Lux 1540 non ablativo colpisce la cute determinando dei fenomeni di coagulazione a colonnina, in profondità, lasciando intatta la cute sovrastante. Le micro-aree di tessuto coagulato stimolano il processo di guarigione, ristrutturazione e rimodellamento della pelle.

A differenza dei tradizionali laser ablativi, come il laser CO2, che producevano una rimozione totale della superficie epidermica tramite tecniche molto invasive con periodi di convalescenza molto lunghi, la tecnologia frazionale permette tempi di convalescenza estremamente brevi con ritorno immediato alla vita sociale. L'efficacia maggiore riguarda le aree del contorno occhi, labbra, le rughe del collo e del décolleté. Ottimi risultati si possono ottenere anche su cicatrici chirurgiche, ipertrofiche o cheloidee, esiti cicatriziali da acne, smagliature (Palomar StarLux 500 con Manipolo Lux 1540 è l'unico ad aver ottenuto l'autorizzazione FDA Federal Drug Administration americana per questo tipo di trattamento: ovviamente l'effetto non è quello di eliminare la smagliatura ma di rimodellare la superficie cutanea facendo sì che le smagliature risultino pressoché invisibili) e melasma. Grazie a questo tipo di trattamento si assiste alla formazione di nuovo tessuto che migliora l'aspetto generale della pelle grazie alla stimolazione del collagene con una profondità di azione impossibile per qualsiasi tipo di peeling.

Il trattamento dura circa 30 minuti e non è necessaria alcuna anestesia grazie al sistema di raffreddamento automaticamente attivo (Il Palomar Starlux 500 è dotato di uno speciale Cooling System). Quindi ci si può sottoporre al trattamento in assoluta tranquillità, si percepisce solo un pizzico ripetuto e se il fastidio non è tollerato è possibile utilizzare un anestetico topico da applicare prima del trattamento.

Viene stabilito un protocollo personalizzato, normalmente sono consigliate 3-6 sedute intervallate da almeno 4 settimane. I risultati sono immediati e progressivi con il massimo effetto dopo 6 mesi. La ripresa dell'attività sociale è immediata, infatti l'effetto del trattamento consiste in un lieve arrossamento facilmente mimetizzabile con il trucco che dura 24-48 ore.

***“Un laser
molte applicazioni”***



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Palomar Laser and Pulsed Light System

STARLUX® 500 SYSTEM TREATMENT GUIDE

Prior to using your Palomar StarLux® 500 Laser and Pulsed Light System, please read and understand the Operator's Manual.

This guide is meant to provide general clinical information. It is not meant to be a substitute for the Operator's Manual or to supersede good clinical judgment.

**For additional clinical help, please call
1-800-PALOMAR (725-6627)
or 781-993-2300.**

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Palomar Accessories

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ACCESSORIES	CATALOG NO.
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Palomar Handpiece Rack	1320-0065
Pulsed Light Safety Glasses	52-0308-00
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Client Eye Shield	52-0002-20
Palomar LuxLotion™ (One Bottle)	1620-0163
Palomar LuxLotion™ (1 Case of 9 Bottles)	1620-0162
Palomar CoolRoller™ Applicator	1320-0017
Palomar LuxWipes	52-0101-00
LuxG Mask (packet of 5)	1353-0150
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Lux1064 Safety Glasses	52-002-10
Lux1540 Safety Eyewear	1554-4000

To order, call Palomar at
1-800-PALOMAR (725-6627) x 2315 or 781-993-2315.
Or contact your local distributor.

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STARLUX500 SYSTEM TREATMENT GUIDE
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StarLux500 LuxY™

Skin Types I – V

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Pigmented Lesion Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - II	Face/Arms/Body	25-27	15
III		17-27	20
IV		24-36	40
I - II	Chest/Neck/Legs Hands	23-27	15
III		21-27	15
IV		15-27	20

Hair Removal Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - II	Face and Body	25-31	20
III		23-27	20
IV		22-26	40

Skin Type	Target	Setting J/cm ² pulsewidth	
USING LONG PULSE DURATIONS			
I - II	Face and Body	44-48	100
III		34-40	100
IV		24-34	100
V		12-20	100

StarLux500 LuxY™ Treatment Guide

Skin Types I – V

Important Precautions

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser Protective Eyewear will not provide adequate protection with this handpiece.
- All pigmented lesions must be examined by a physician prior to treatment.
- During hair removal, avoid treating over darkly pigmented lesions and tattoos.
- These parameters were tested on untanned skin.
- Review cautionary criteria and exclusionary criteria before treatment.

Pigmented Lesion Treatment Guidelines*

- Treatment ranges are based on the degree of abnormal pigmentation/redness. For more pronounced pigment, start with lower treatment settings; as the pigment lessens, you can increase the fluence for subsequent treatments.
- Shave or closely clip the treatment area.
- Apply a thin layer of Palomar LuxLotion™ to clean, dry skin.*
- Perform test spots as per Operator's Manual.
- Placing the handpiece and pulsing immediately to minimize cooling when treating epidermal pigment will help optimize results.
- Evaluate after 30 minutes for skin types I-III and 1-2 days for skin type IV-V.
- Pigment should be treated only until there is a very slight color change. Treatments using longer pulsewidths produce delayed darkening in 10-15 minutes.
- Long pulsewidths, e.g. 100ms may produce more profound redness/erythema which usually resolves in 10-15 minutes.
- If considering a **second pass** over pigmentation, allow ample time to evaluate skin response from the first pass.
- Photodamage on suntanned/darker skin can be treated using long pulse durations, e.g. 100ms pulse.
- For lighter pigmentation use the higher treatment range. For darker pigmentation start at the lower treatment range.
- Use the paper test spot mask to isolate single lesions.
- The lesion will darken and crust. It will be shed from the skin in 14-21 days.
- Schedule a follow up appointment for evaluation in 3-4 weeks.

Hair Removal Treatment Guidelines

- The LuxY is also a good choice for hair removal, especially on finer, lighter colored hair.
- Shave or closely clip the treatment area.
- Apply a thin layer of Palomar LuxLotion™ to clean, dry skin.*
- Fluences should be decreased in areas with dense and/or coarse hair.
- Pulse Duration between 20 and 100ms can also be used. However, fluences must be adjusted accordingly.
- Longer pulsewidths at higher fluences may show a greater degree of permanence per treatment.
- Follow up treatment intervals: Back: 8-10 weeks; Face: 2-4 weeks; Bikini Line: 4-6 weeks; Legs: 8-10 weeks; Arms/underarms: 4-6 weeks.
- In general, 4-6 treatments may be needed to achieve the desired results.
- Schedule a follow-up appointment for evaluation.
- For finer, lighter colored hair, the LuxY is the optimum choice.

* LuxLotion is recommended for use. The use of any other lotion will void the warranty.

StarLux500 LuxYs™

Skin Types I – IV

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Pigmented Lesion Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - II	Pigment	29-37	15
III	Pigment	21-31	15
IV	Pigment	15-26	20
		25-37	40

StarLux500 LuxYs™ Treatment Guide

Skin Types I – V

Important Precautions

- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser Protective Eyewear will not provide adequate protection with this handpiece.
- All pigmented lesions must be examined by a physician prior to treatment.
- During hair removal, avoid treating over darkly pigmented lesions and tattoos.
- These parameters were tested on untanned skin.

Pigmented Lesion Treatment Guidelines*

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- Shave or closely clip the treatment area.
- Apply a thin layer of Palomar LuxLotion™ to clean, dry skin.**
- Perform test spots as per Operator's Manual.
- Evaluate after 30 minutes for skin types I-III and 1-2 days for skin type IV-V.
- Pigment should be treated only until there is a very slight color change. Treatments using longer pulsewidths produce delayed darkening in 10-15 minutes.
- Long pulsewidths, e.g. 100ms may produce more profound redness/erythema which usually resolves in 10-15 minutes.
- If considering a *second pass* over pigmentation allow ample time to evaluate skin response from the first pass.
- Photodamage on suntanned/darker skin can be treated using long pulse durations, e.g. 100ms pulse.
- Treatment ranges are based on the degree of abnormal pigmentation/redness. For more pronounced pigment, start with lower treatment settings; as the pigment lessens you can increase the fluence for subsequent treatments.
- For lighter pigmentation use the higher treatment range. For darker pigmentation start at the lower treatment range.
- Use the paper test spot mask to isolate single lesions.
- The lesion will darken and crust. It will be shed from the skin in 14-21 days.
- Schedule a follow up appointment for evaluation in 3-4 weeks.

Hair Removal Treatment Guidelines

- The LuxYs is also a good choice for hair removal, especially on finer, lighter colored hair.
- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- Shave or closely clip the treatment area.
- Apply a thin layer of Palomar LuxLotion™ to clean, dry skin.**
- Fluences should be decreased in areas with dense and/or coarse hair.
- Pulse Duration between 20 and 100ms can also be used. However, fluences must be adjusted accordingly.
- Longer pulsewidths at higher fluences may show a greater degree of permanence.
- Follow up treatment intervals: Back: 8-10 weeks; Face: 2-4 weeks; Bikini Line: 4-6 weeks; Legs: 8-10 weeks; Arms/underarms: 4-6 weeks.
- In general, 4-6 treatments may be needed to achieve the desired results.
- Schedule a follow-up appointment for evaluation.
- For finer, lighter colored hair, the LuxY is the optimum choice.

* Placing the handpiece and pulsing immediately to minimize cooling when treating pigment will help optimize results.

** LuxLotion is recommended for use. The use of any other lotion will void the warranty.

StarLux500 LuxYs™

Skin Types I – V

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Hair Removal Treatment Settings

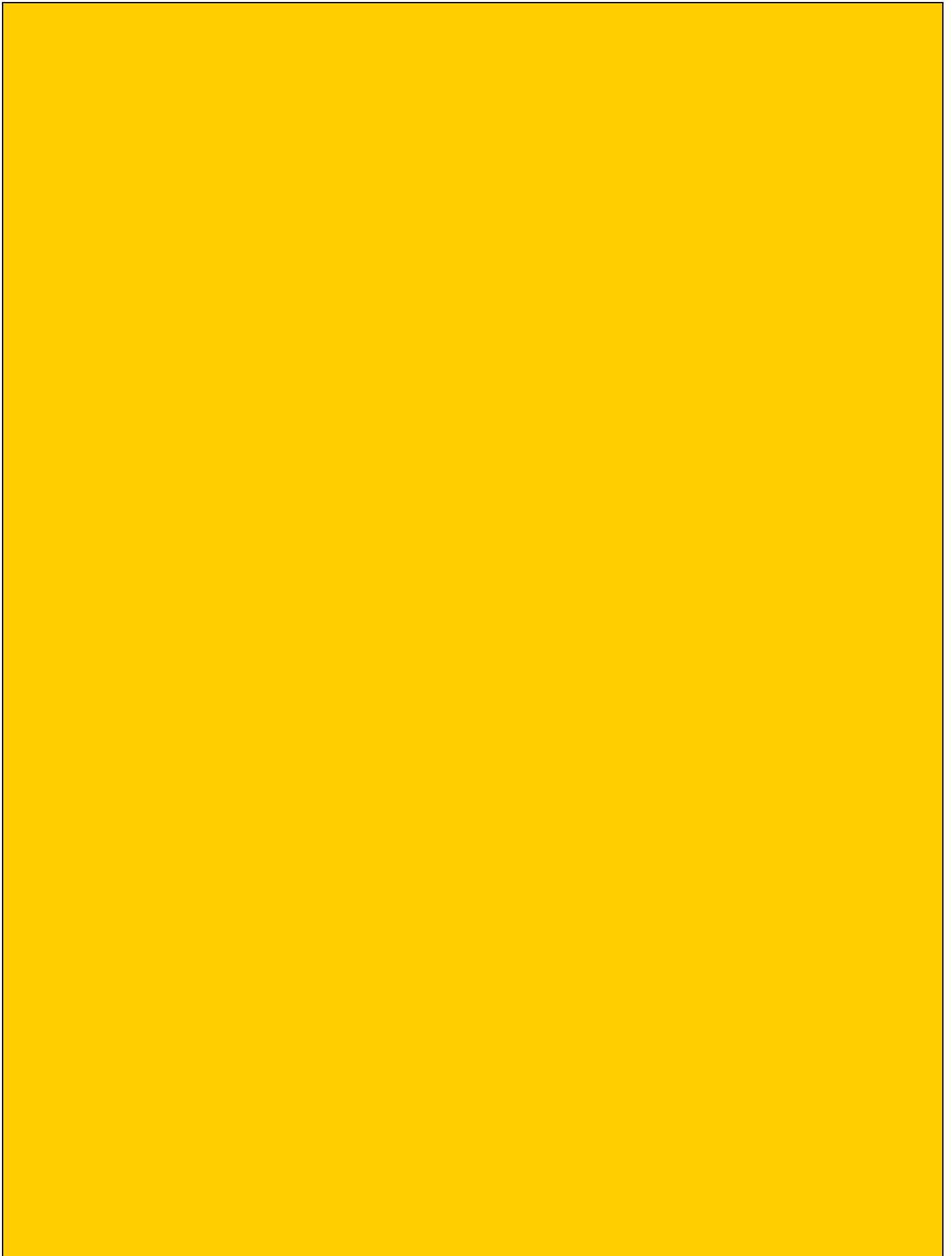
Skin Type	Target	Setting J/cm ² pulsewidth	
USING LONG PULSE DURATIONS			
I - II	Face and Body	45-60	100
III		45-50	100
IV		25-35	100
V		20	100

Hair Removal Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - II	Face and Body	16-36 *	20
III	Face and Body	20-29	20
IV	Face and Body	17-29	40

* Increase fluence for lighter skin, or lighter, finer hair.

Consider two pass approach for lighter skin or lighter, finer hair
– long pulse at 100 ms followed by a short pulse pass at 10-20 ms.



StarLux500 LuxR™

Skin Types I – VI

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Hair Removal Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - III	Face and Body	21-25	20
IV		21-25	20

Skin Type	Target	Setting J/cm ² pulsewidth	
USING LONG PULSE DURATIONS			
I - III	Face and Body	39-45	100
IV		25-41	100
V		21-31	100
VI		16-21	100

StarLux500 LuxR™ Treatment Guide

Skin Types I – VI

Important Precautions

- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser protective eyewear will not provide adequate protection with this handpiece.
- During hair removal, avoid treating over darkly pigmented lesions and tattoos.

Hair Removal Treatment Guidelines

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- Shave or closely clip the treatment area.
- Apply a thin layer of Palomar LuxLotion™ to clean, dry skin.*
- Fluences should be decreased in areas with dense and/or coarse hair.
- Pulse Duration between 20 and 100ms can also be used. However, fluences must be adjusted accordingly.
- Longer pulsewidths at higher fluences may show a greater degree of permanence.
- Follow up treatment intervals: Back: 8-10 weeks; Face: 2-4 weeks; Bikini Line: 4-6 weeks; Legs: 8-10 weeks; Arms/underarms: 4-6 weeks.
- In general, 4-6 treatments may be needed to achieve the desired results.
- Schedule a follow-up appointment for evaluation.
- For finer, lighter colored hair, the LuxY or LuxYs is the optimum choice.

* LuxLotion is recommended for use. The use of any other lotion will void the warranty.

StarLux500 LuxRs™

Skin Types I – VI

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Hair Removal Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - III	Face and Body	36-40	20
IV		28-34	20

Skin Type	Target	Setting J/cm ² pulsewidth	
USING LONG PULSE DURATIONS			
I - III	Face and Body	50-70	100
IV		36-46	100
V		20-30	100
VI		16-20	100

StarLux500 LuxRs™ Treatment Guide

Skin Types I – VI

Important Precautions

- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser protective eyewear will not provide adequate protection with this handpiece.
- During hair removal, avoid treating over darkly pigmented lesions and tattoos.

Hair Removal Treatment Guidelines

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- Shave or closely clip the treatment area.
- Apply a thin layer of Palomar LuxLotion™ to clean, dry skin.*
- Fluences should be decreased in areas with dense and/or coarse hair.
- Pulse Duration between 20 and 100ms can also be used. However, fluences must be adjusted accordingly.
- Longer pulsewidths at higher fluences may show a greater degree of permanence.
- Follow up treatment intervals: Back: 8-10 weeks; Face: 2-4 weeks; Bikini Line: 4-6 weeks; Legs: 8-10 weeks; Arms/underarms: 4-6 weeks.
- In general, 4-6 treatments may be needed to achieve the desired results.
- Schedule a follow-up appointment for evaluation.
- For finer, lighter colored hair, the LuxY or LuxYs is the optimum choice.

* LuxLotion is recommended for use. The use of any other gel or lotion will void the warranty.

StarLux500 PowR™

Skin Types I – VI

These charts list recommended settings to be used in treating each skin type.



Permanent Hair Reduction Treatment Settings

Skin Type	Pulsewidth	J/cm ²
USING SHORT PULSE DURATIONS		
I - III	20 ms	36-58
I - III and fine hair	10 ms	30-40
IV	20 ms	28-40

Skin Type	Pulsewidth	J/cm ²
USING LONG PULSE DURATIONS		
I - III	100 ms	50-100
IV	100 ms	36-46
V	100 ms	20-30
VI	100 ms	16-20

The best use of the PowR™ handpiece is on small areas of thinner or resistant hair, e.g., face, axillae, and bikini. Parameters in the Treatment Guide were tested on untanned skin.

StarLux500 PowR™ Treatment Guide

Skin Types I – VI

**See Appendix A in StarLux® 500 Operator's Manual
for Cautionary and Exclusionary Criteria**

Important Precautions

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS; see Appendix A in the StarLux 500 Operator's Manual.
- The treatment provider and those being treated must wear the appropriate protective intense pulsed light eyewear specified in the Operator's Manual. Laser protective eyewear will not provide adequate protection with this handpiece.
- During hair removal avoid treating over darkly pigmented lesions, permanent makeup and tattoos.
- Do not treat an active tan with the PowR™.
- IMPORTANT: Read and understand the Cautionary and Exclusionary Criteria in Appendix A of the StarLux® 500 Operator's Manual.

Hair Removal Treatment Guidelines

- Shave or closely clip the treatment area.
- Consider using a thin layer of Humatrix® to clean, dry skin prior to treatment to aid in cooling and to provide increased comfort during the treatment. Alternatively, LuxLotion™ may be used as a coupling agent. The use of any other lotion will void the warranty.
- Apply 1 - 2 seconds of firm compression before pulsing for a more comfortable treatment.
- For larger surface areas on Skin Types I-III, consider first treatment using LuxR™ or LuxRs™ handpiece at maximum tolerated fluence, at 100 ms. After the appropriate interval, as hair gets thinner, follow with PowR™ for second treatment at 20 ms and third treatment at 10 ms.
- Fluences should be decreased in areas with dense and/or coarse hair.
- Pulse durations between 10 ms and 100 ms can be used. However, fluences must be adjusted accordingly.
- Longer pulsewidths at higher fluences may show a greater degree of permanence in hair reduction.
- For PowR™ treatment of lighter, finer hair on Skin Types I-III, consider 10 ms at max fluence.
- When using the PowR™ at higher fluences at 10 ms, perifollicular edema may occur but does resolve.
- Using gel packs or Cool Roller™ after treatment will minimize erythema and edema and provide comfort if higher fluences are used.
- FOLLOW UP TREATMENT INTERVALS: Back: 8-10 weeks; Face: 3-4 weeks; Bikini Line: 4-6 weeks; Legs: 8-10 weeks; Arms and underarms: 4-6 weeks.
- Schedule a follow-up appointment for evaluation.
- In general, 4-6 treatments may be needed to achieve the desired results.
- For finer, lighter colored hair, the LuxY™ or LuxYs™ is the optimum choice.

StarLux500 LuxG™

Skin Types I – IV

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Pigmented Lesion Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - II	Face/Arms/Body	38-50	20
I - II		34-38	10
III		32-44	30
IV		28-36	30
I - II	Chest/Neck/Legs/Hands (Shorter pulses may be helpful in treating lighter resistant pigment)	32-38	30
III		28-36	30
IV		26-32	30

StarLux500 LuxG™ Treatment Guide

Skin Types I – IV

Important Precautions

- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser protective eyewear will not provide adequate protection with this handpiece.
- All pigmented lesions must be examined by a physician prior to treatment.
- These parameters were tested on untanned skin.

Pigmented Lesion Treatment Guidelines

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- Shave or closely clip the treatment area.
- Apply a thin layer of Palomar LuxLotion™ or Humatrix® Gel to clean, dry skin.*
- Perform test spots as per Operator's Manual.
- Evaluate after 30 minutes for skin types I-III and 1-2 days for skin type IV-V.
- Pigment should be treated only until there is a very slight color change. Treatments using longer pulsewidths produce delayed darkening in 10-15 minutes.
- Long pulsewidths may produce more profound redness/erythema which usually resolves in 10-15 minutes.
- If considering a *second pass* over pigmentation allow ample time to evaluate skin response from the first pass.
- Photodamage on suntanned/darker skin can be treated using long pulse durations, i.e. 100ms pulse.
- Treatment ranges are based on the degree of abnormal pigmentation/redness. For more pronounced pigment/redness, start with lower treatment settings; as the pigment/redness lessens you can increase the fluence for subsequent treatments.
- For lighter pigmentation use the higher treatment range. For darker pigmentation start at the lower treatment range.
- Use the provided mask to isolate single lesions.
- The lesion will darken and crust. It will be shed from the skin in 14-21 days.
- Schedule a follow up appointment for evaluation in 3-4 weeks.

* Only LuxLotion and Humatrix Gel are recommended for use. The use of any other gel or lotion will void the warranty.

StarLux500 LuxG™

Skin Types I – IV

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Vascular Lesion Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - II III IV	Red facial vessels > 0.3mm	40-50 32-42 32-38	20 20 20
I - III IV	Red facial vessels < 0.3mm*	36-44 32-38	15 20
I - III	Flushing Rosacea if skin can tolerate second pass use →	36-38 19-20	10 5
I - II	Resistant Alar Vessels	46-54	20
I - II III IV	Red Chest & Neck Vessels (short pulses are for finer vessels)	30-36 28-34 26-32	30 30 30

* Finer vessels may require the shorter pulse durations (skin type I-III may require 10ms setting)

Skin Type	Target	Setting J/cm ² pulsewidth	
USING LONG PULSE DURATIONS			
I - II	Blue facial vessels and large alar vessels.	60-70	100
III		50-60	100

StarLux500 LuxG™ Treatment Guide

Skin Types I – IV

Important Precautions

- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser protective eyewear will not provide adequate protection with this handpiece.
- All pigmented lesions must be examined by a physician prior to treatment.
- These parameters were tested on untanned skin. The Higher Settings were based on the use of Humatrix®

Vascular Lesion Treatment Guidelines

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- Apply a thin layer of Palomar LuxLotion™ or Humatrix® Gel to clean, dry skin.*
- When treating a single vessel on otherwise clear skin higher treatment settings may be tolerated.
- Use the LuxG handpiece mask to isolate single vessels.
- With excessive amounts of abnormal pigment/redness use a lower setting.
- In the presence of other pathology (generalized redness, pigmentary changes, etc.) start at the lower settings and move up, continually evaluating skin condition and side effects.
- Larger red facial vessels can also be treated with longer pulses (30-100ms) to achieve vasoconstriction in addition to color change of the vessels. Strong erythema (redness) over the vessel should serve as a clinical endpoint for the procedure. Continuing treatment will lead to severe skin damage.
- When treating over thin skin, like the orbital rim or mandible area, use a lower setting.
- A second pass is performed ONLY after evaluating skin response from the first pass.
- More tissue reaction will occur at higher settings—this includes edema and erythema and possible purpura.
- Clinical endpoints are a change in vessel color and/or vessel constriction.
- 1-3 treatments may be necessary 7-14 days apart.
- Schedule a follow-up appointment for evaluation.

RejuveLux™ Treatment Process

The goal of this process is to improve the dyschromia of skin.

Because we are treating both pigment and vessels, settings may need to be lowered to optimize safety when treating two chromophores simultaneously.

Where there is an abundance of pigment and vessels, as with a large treatment area, consider treating and reducing pigment first. This will allow more aggressive treatment of the vessels on subsequent treatments.

* Only LuxLotion and Humatrix Gel are recommended for use. The use of any other gel or lotion will void the warranty.

StarLux500 MaxG™

Skin Types I – IV

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Pigmented Lesion Treatment Settings

Skin Type	Target	Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - II	Face	38-50	20
I - II	(Darker, denser pigment may require a longer pulse duration) (Lighter pigment may require shorter pulse durations)	34-42	10
III		32-44	30
IV		28-36	30
I - II	Chest, Neck, Legs, Hands, Arms & Body	32-38	30
III	(Shorter pulses may be helpful in treating lighter resistant pigment)	28-36	30
IV		26-32	30

ADDITIONAL NOTES:

- 1) The purpura threshold is about 42-44 J/cm² at 10 ms but achieving purpura at lower settings is possible, especially in thin skinned areas.

StarLux500 MaxG™ Treatment Guide

Skin Types I – IV

**See Appendix A in StarLux® 500 Operator's Manual
for Cautionary and Exclusionary Criteria**

Important Precautions

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser protective eyewear will not provide adequate protection with this handpiece.
- All pigmented lesions must be examined by a practitioner prior to treatment.
- Avoid treating over permanent makeup and tattoos.
- These parameters were tested on untanned skin.
- IMPORTANT: Read and understand the Cautionary and Exclusionary Criteria in Appendix A of the StarLux 500 Operator's Manual.

Pigmented Lesion Treatment Guidelines

- Consider using a thin layer of Humatrix® to clean, dry skin prior to treatment to aid in cooling and provide increased comfort during the treatment. Alternatively, LuxLotion™ may be used as a coupling agent. The use of any other lotion will void the warranty.
- Shave or closely clip the treatment area.
- Pigment should be treated only until there is a very slight color change. Treatments using longer pulsewidths produce delayed darkening in 10-15 minutes.
- The lesion will darken and crust. It will be shed from the skin in 14-21 days.
- Long pulsewidths may produce more profound redness (erythema) which usually resolves in 10-15 minutes.
- If considering a *second pass* over pigmentation, allow ample time to evaluate skin response from the first pass.
- Photodamage on suntanned/darker skin can be treated using long pulse durations, e.g., 100ms pulse.
- Treatment ranges are based on the degree of abnormal pigmentation or redness. For more pronounced pigment/redness, start with lower treatment settings. As the pigment/redness lessens, you can increase the fluence for subsequent treatments.
- For lighter pigmentation, use the higher treatment range. For darker pigmentation, start at the lower treatment range.
- Use the provided mask to isolate single pigmented lesions.
- IMPORTANT: Review post-treatment guidelines in Appendix A of the StarLux 500 Operator's Manual.
- Schedule a follow up appointment for evaluation in 3-4 weeks.

StarLux500 MaxG™

Skin Types I – IV

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Vascular Lesion Treatment Settings

Skin Type	Target	MaxG Setting J/cm ² pulsewidth	
USING SHORT PULSE DURATIONS			
I - II	Red facial vessels > 0.3mm	32-40*	10
		40-50	20
III		26-32	10
		32-42	20
IV		32-38	20
I - III	Red facial vessels < 0.3mm**	34-46	10
IV		32-42	15
I - III	Flushing Rosacea if skin can tolerate second pass, use —>	32-42	10
		20-26	5
I - II	Resistant Alar Vessels	42-50	15
		46-60	20
I - II	Red Chest & Neck Vessels (short pulses are for finer vessels)	30-36	30
III		28-34	30
IV		26-32	30

* Fluence up to 46 J/cm² may be considered for resistant vessels. However there is increased risk of purpura and side effects.

** Finer vessels may require the shorter pulse durations (skin type I-III may require 10ms setting).

Skin Type	Target	MaxG Setting J/cm ² pulsewidth	
USING LONG PULSE DURATIONS			
	Blue facial vessels and large alar vessels		
I - II		60-70	100
III		50-60	100

StarLux500 MaxG™ Treatment Guide

Skin Types I – IV

**See Appendix A in StarLux® 500 Operator's Manual
for Cautionary and Exclusionary Criteria**

Important Precautions

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser protective eyewear will not provide adequate protection with this handpiece.
- All pigmented lesions must be examined by a practitioner prior to treatment.
- Avoid treating over permanent makeup and tattoos.
- These parameters were tested on untanned skin. The Higher Settings were based on the use of Humatrix®.
- **IMPORTANT:** Read and understand the Cautionary and Exclusionary Criteria in Appendix A of the StarLux 500 Operator's Manual.

Vascular Lesion Treatment Guidelines

- Consider using a thin layer of Humatrix® to clean, dry skin prior to treatment to aid in cooling and provide increased comfort during the treatment. Alternatively, LuxLotion™ may be used as a coupling agent. The use of any other lotion will void the warranty.
- Shave or closely clip the treatment area.
- When treating a single vessel on otherwise clear skin, higher treatment settings may be tolerated.
- Use the LuxG handpiece mask to isolate single vessels.
- With excessive amounts of abnormal pigment/redness, use a lower setting.
- In the presence of other pathology (generalized redness, pigmentary changes, etc.) start at the lower settings and move up, continually evaluating skin condition and side effects.
- Clinical endpoints are a change in vessel color and/or vessel constriction.
- Larger red facial vessels can also be treated with longer pulses (30-100 ms) to achieve vasoconstriction in addition to color change of the vessels. Strong erythema (redness) over the vessel should serve as a clinical endpoint for the procedure. Continuing treatment will lead to severe skin damage.
- When treating over thin skin, like the orbital rim or mandible area, use a lower setting.
- A second pass is performed **ONLY** after evaluating skin response from the first pass.
- More tissue reaction will occur at higher settings. This includes edema and erythema and possible purpura.
- 1-3 treatments may be necessary 7-14 days apart.
- **IMPORTANT:** Review post-treatment guidelines in Appendix A of the StarLux 500 Operator's Manual.
- Schedule a follow-up appointment for evaluation.

RejuveLux™ Treatment Process

The goal of this process is to improve the dyschromia of skin.

Because we are treating both pigment and vessels, settings may need to be lowered to optimize safety when treating two chromophores simultaneously.

Where there is an abundance of pigment and vessels, as with a large treatment area, consider treating and reducing pigment first. This will allow more aggressive treatment of the vessels on subsequent treatments.

StarLux500 LuxV™

Skin Types I – V

These charts list recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Acne Treatment Settings

Skin Type	Target	Setting	
		J/cm ²	pulsewidth
I - II	Face and Body	10-20	100
I - III		10-15	40
I - III		10-15	60
III - IV		10-15	100
V		10	100

Pigmented Lesion Treatment Settings

Skin Type	Target	Setting	
		J/cm ²	pulsewidth
I - II Light Pigment	Face/Arms/Body	14-18	20
	Chest/Neck/Legs	12-18	20
I - III Medium Pigment	Face/Arms/Body	15-20	40
	Chest/Neck/Legs	10-20	40
I - III Severe Pigment	Face/Arms/Body	20	60-100
	Chest/Neck/Legs	15-20	100
IV	All Areas	10-15	100

StarLux500 LuxV™ Treatment Guide

Skin Types I – V

Important Precautions

- The treatment provider and client must wear protective Intense Pulsed Light eyewear during treatments. Laser protective eyewear will not provide adequate protection with this handpiece.
- Ensure that client is free of any systemic or dermatological diseases, other than acne vulgaris, that would interfere with the light exposure results or increase the risk of adverse reactions.
- All pigmented lesions must be examined by a physician prior to treatment.
- **Do not treat tanned skin** (caused by the sun, tanning bed or self-tanner).
- These parameters were tested on untanned skin.

Acne Treatment Guidelines

- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- Apply a thin layer of Palomar LuxLotion™ to clean, dry skin.*
- Consider both skin tolerance and level of discomfort.
- Moderate erythema should serve as a clinical end point for the treatment. If the treated area is moderately erythematous after 2 passes, that should indicate the end of the treatment.
- The acne blemishes will fade over the next 2-3 weeks. Some clients will experience an initial flare-up, similar to the kind seen after some peel procedures.

Acne treatment requires 8 procedures on average performed either once a week for 8 weeks or once every 2 weeks. In case of resistant acne a patient may require maintenance treatments at 3-6 month intervals to keep acne under control.

Pigmented Lesion Treatment Guidelines

- The visible response is somewhat delayed with LuxV.
- DO NOT INITIATE TREATMENTS WITHOUT PERFORMING TEST SPOTS (see Operator's Manual for specific instruction).
- Shave or closely clip the treatment area.
- Apply a thin layer of Palomar LuxLotion™ or Humatrix® gel to clean, dry skin.**
- Perform test spots as per Operator's Manual.
- Evaluate after 30 minutes for skin types I-III and 1-2 days for skin type IV-V.
- Pigment should be treated only until there is a very slight color change. Treatments using longer pulsewidths produce delayed darkening in 10-15 minutes.
- Long pulsewidths may produce more profound redness/erythema which usually resolves in 10-15 minutes.
- If considering a **second pass** over pigmentation allow ample time to evaluate skin response from the first pass.
- Photodamage on suntanned/darker skin can be treated using longer pulse durations, i.e. 100ms pulse.
- Treatment ranges are based on the degree of abnormal pigmentation. For more pronounced pigment, start with lower treatment settings; as the pigment lessens you can increase the fluence for subsequent treatments.
- For lighter pigmentation, use the higher treatment range. For darker pigmentation, start at the lower treatment range.
- Use the paper test spot mask to isolate single lesions.
- The lesion will darken and crust. It will be shed from the skin in 14-21 days.
- Schedule a follow up appointment for evaluation in 3-4 weeks.

* LuxLotion is recommended for use. The use of any other gel or lotion will void the warranty.

StarLux® 500 Lux1064™ Nd:YAG

Skin Types I - IV

This chart lists recommended settings to be used in treating each skin type. These parameters were tested on untanned skin.



Leg Vein Treatment

Vessel Size	Spot Size	Parameters
0.1 to 0.5 mm	1.5 mm 3 mm	10-20 ms @350-500 J/cm ² 20-40 ms @300-350 J/cm ²
0.5 to 1.5 mm	3 mm	20-40 ms @250-310 J/cm ²
1.5 to 2 mm	3 mm 6 mm	30-50 ms @200-275 J/cm ² 30-50 ms @90-140 J/cm ²
2 to 4 mm	3 mm 6 mm	40-80 ms @150-300 J/cm ² 30-50 ms @90-140 J/cm ²

Palomar Lux1064™ Treatment Guide

Skin Types I – IV

Important Precautions

- The treatment provider and client must wear Lux1064 protective eyewear during treatments, in order to ensure eye safety. Intense Pulsed Light or other Laser protective eyewear will not provide adequate eye protection.

Patient Selection Criteria

- Consider testing (i.e. Doppler or Duplex scan) to rule out any underlying vascular issues when treating leg veins.
- If client has had previous failed sclerotherapy injections, more may be required before proceeding with laser treatment.
- Vessels larger than 3 mm may require alternative therapy before laser treatment.
- Do not treat clients who have pain in legs when walking or have edema/swelling of lower extremities.
- Do not treat varicose veins. Exclude from treatment.
- Larger Saphenous Veins: May require surgery. Exclude from treatment.
- Large Truncal Veins: Need to address underlying hydrostatic pressure via ultrasound or consultation with a vascular surgeon.
- Larger Varicose and Reticular Veins: Sclerotherapy first, then laser treatment when healed (3 months on average). Clients may opt to have reticular veins smaller than 4mm treated with a laser.
- Telangiectasias: Sclerotherapy or laser.
- Small Pink Vessels: These are more difficult to treat. You may want to work with magnification when using the 1.5mm spot size to avoid missing the vessel. Smaller vessels require higher energies than larger ones.
- Purple and Blue Vessels: Respond best to laser treatment.
- Larger Vessels: Treatment will be more painful. Extra cooling of the treatment area may be needed. Use Cool Roller.

Leg Vein Treatment Guidelines

- Have patient recline with legs slightly above the heart to reduce pressure on the leg vessels during treatment.
- Only LuxLotion or Humatrix™ Gel are recommended for use during treatment* for adequate coupling to protect the epidermis. Fresh gel or lotion should be applied after every 15 pulses.
- Deeper vessels (approximately 2mm) which are cloudy and bluish in color need 40-60 ms (longer pulse duration) for deeper penetration.
- Use 30-40 ms pulsewidth on any vessel larger than 1mm-1.5mm.
- Pre-cooling is required with skin types IV-VI and with tanned skin as there is a higher risk of hyper-pigmentation post treatment. Use the Cool Roller over the vessel immediately after pulsing. May also consider starting at lower fluences on darker skin types.
- **Do not double pulse.** Allow one minute after firing a few pulses on different areas. Your endpoint will be delayed. Not waiting could result in crusting, scabs, and ulcers.
- Do not apply any pressure on vessels with the handpiece when treating. Light contact is best but holding the tip away from the skin will be too painful. The tip must be in contact with the skin.
- The larger the spot size the more spacing required between pulses. For 6 mm spot, use full spot size distance between pulses. For 3 mm spot, use half the spot size distance between pulses. Adjust the spot size to be larger than the vessel size. Adjust pulsewidth to accommodate vessel depth and diameter.

* Only LuxLotion and Humatrix Gel are recommended for use. The use of any other gel or lotion will void the warranty.

Palomar Lux1064™ Treatment Guide

Skin Types I – IV

Leg Vein Treatment Guidelines (continued)

- Clinical endpoint for bluer vessels will be a spasm or movement of the vessel. The margins of the vessel will appear less defined (blurred) - as if you were looking at the vessel through a puddle of water. Clinical endpoint for tiny red telangiectasias is often disappearance (vasoconstriction).
- Extra care should be taken when treating sebaceous tissue, like the nose, as there is a higher risk of blisters and potential linear depressions, due to high water content in these tissues.
- Treatment locations: Medial/lateral thigh is an area of good response for up to a 1.5mm vessel; pain is well tolerated. The ankle and shin clear well but are more painful. The calf is well tolerated. The back of the knee is tender.
- Treat hemosiderin staining with the LuxY or LuxYs handpiece.

Post Treatment

- Use Cool Roller or ice with pressure immediately post treatment. Pressure may help keep the vessel collapsed.
- Bruising may be observed with reticular vessels, but does not usually occur with telangiectasia.
- Ice and steroid creams will add to client comfort. Helpful idea: freeze wet 4x4 gauze and give to the client to take home.
- Compression stockings will help to yield the best results out of a single treatment. Use for 5-7 days post treatment for blue reticular vessels or venous matting.
- Elevate leg for 24 hours post treatment.
- Walking will speed the healing process. Running with compression hose is allowed after 3 days for blue reticular vessels.
- No hot baths, hot showers, or vigorous exercise for 2 weeks.
- Manual relief of any clots may be necessary. A qualified person should consider using an 18 gauge needle to relieve clots.
- Follow up treatments should be 8-12 weeks apart. At 2-3 weeks, vessels may appear to return to baseline but will then resolve over the next 6-8 weeks.
- Treat the vessel from distal to proximal. If you are at the distal end you will see clearing with the first pulse.
- Use maximum tolerated fluence when treating larger vessels to avoid thrombosis.