

**COLD LIGHT™ Tri-Color  
LED Panel  
OPERATER MANUAL**

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## SET UP

Remove your **Cold Light™ Tri-Color Panel** from its wrappings.

The articulating arm is shipped in a closed position with a safety band wrapped around the spring loaded arm. Hold the arm closed while you remove the band to keep it from springing open.

The articulating arm will have at its end either a C clamp for attaching to a table top, or a pin for inserting into a mobile cart with a mounting hole, or you can mount the arm on a mobile base that rolls on the floor.

- I. Locate a spot to fasten your C clamp and tighten it over the lip/edge of a table or counter. The articulating arm extends out of the C clamp and can be positioned or swiveled as necessary.
- II. If your mobile cart has a pin hole for a magnifying lamp arm, simply place the Cold Light articulating arm in this hole and adjust the arm accordingly.
- III. If you have a rolling base, insert the articulating arm into the base. You can adjust the height of supporting pole to raise or lower the panel.

Plug the black cable on the articulating arm into the receptacle on the back of the L.E.D. panel toward the top center and plug the bottom end of the same cable on the articulating arm into the power supply that goes into the wall outlet (110V).

## OPERATION

### Panel Settings

The Control Panel is located on the lower half of the back side L.E.D. housing.

The L.E.D. lights will display in sequence after you have chosen which colors you want to display.

1. Choose the **Color** (or colors) by pressing the touch pad above each color label.
2. Choose the **Time** by pressing the touch pad labeled "Time." Each press on the touch pad increases the display time by 5 minutes. Whatever time you choose will be the amount of time each color is displayed.
3. The **Mode** button has 2 settings. "On" is continuous light. "Pulse" is pulsed light. **Warning: Pulsed light can cause seizures in people with epilepsy.**
4. **Start/Stop** will turn the lights on or off. Depress this button after making your other settings.

### Arm Adjustments

1. There is a large circular set screw directly behind the center panel that attaches to the articulating arm. By loosening this screw you can swivel the panel angle.
2. The articulating arm adjusts by using the lever arms to loosen and adjust to a new position.

## Treatment Overview

Most treatments will involve a combination of **Red** and either **Blue** or **Amber**. **Red** and **Blue** is good for Acne, while **Red** and **Amber** are frequently used for all other treatments.

1. **Clean** the protective lens cover over the panel with an antiseptic wipe as needed. **Never submerge the panel in water.**
2. Make certain the client **removes** contact lenses and jewelry before treatment.
3. The **COLD LIGHT™ Tri-Color Panel can be used** as often as twice a week for all conditions.
4. Use **protective eye covers** on client.

## SAFETY

### **\*\*IMPORTANT\*\***

EYE safety is only a concern when using red or infra-red LED's (according to the University of Michigan's study of L.E.D's). Always cover the client's eyes with shields or goggles. Never stare into the light yourself, and never place the light directly over the eye. These simple precautions are effective in maintaining a problem free treatment.

1. Cover your client's **EYES** with sun bed goggles or for sensitive eyes use protective shields. Moist cotton pads will provide protection to the eyes. Technicians should avoid looking at the red **L.E.D** lights as a precaution.
2. Always make certain what **medications** your clients are on. Medication that is light sensitive can cause a sunburn effect with the **Cold Light™**, so always check on medications being used before each session. Example: **TETRACYCLINE**
3. Patients with **LUPUS** are never candidates for LED.
4. Always exercise **CAUTION** with pregnancy.
5. **EPILEPTICS** are never candidates for pulsed L.E.D. light.
6. Treating clients with **suspicious lesions or known skin cancers** should be avoided until a dermatologist or physician gives you a written release.

## SPECIFIC TREATMENTS

### Acne (only)

1. Cleanse the skin with **Aknof Gel** and dry. Disencrustation of the skin is recommended at the initial treatment
2. OPTIONAL: IF SKIN IS NOT TOO SENSITIVE, microderm skin lightly.
3. Turn on the **Red and Blue** bulbs.
4. Set **Time** to at least **15 minutes**.
5. Set **Intensity** to **Continuous**.
6. After treatment, apply **Aknof Cream**.
7. Apply **Atache SPF-30 Sun Premium**.

**NO SUN FOR 72 HOURS! HOME MAINTENANCE IS VITAL TO GOOD RESULTS!**

**NO HOME EXTRACTIONS WHICH CAUSE NEW OUTBREAKS.**

**FREQUENCY:** Twice a week for 3 - 4 weeks; then a monthly follow up.

**PRODUCTS RECOMMENDED FOR THIS TREATMENT:**

**Aknof Gel**

**Aknof Cream**

**Atache SPF-30 Sun Premium**

## **Rosacea or Other Skin Irritations**

1. Gently cleanse skin with **Atache Soft Derm Sensitive Cleanser** then dry.
2. Apply **Atache Aqua Defense Calming Facial Toner**.
3. Turn on the **Red** and **Amber** bulbs.
4. Set **Timer** to **15** minutes (or longer if desired).
5. Set **Intensity** to **Continuous**.
6. After treatment apply **Atache Intensive Defense 8 SPF**.

**FREQUENCY:** Every week during flare-ups for up to 6 visits then monthly for follow up.

A rosacea client may be pink for several days. This is normal while their skin is adjusting.

### **PRODUCTS RECOMMENDED FOR THIS TREATMENT:**

**Atache Soft Derm Sensitive Cleanser**

**Atache Aqua Defense**

**Atache Intensive Defense 8 SPF**

## **Sun Damage - Hyperpigmentation**

1. Cleanse skin thoroughly and then dry.
2. **OPTIONAL:** Perform a **quick, superficial** Microdermabrasion. (In some skins Microdermabrasion can increase pigment. Try a test spot to determine this option.)
3. Apply **Ioson Depigmenter Gel**.
4. Turn on **Red** and **Amber** bulbs.
5. Set **Time** to **15** minutes.
6. Set **Intensity** to **Continuous**.
7. After treatment apply **Atache Treatment Cream** (skin lightener).
8. Apply **Atache Sun Premium Spotless Face SPF 25**.

### **SUNSCREEN MUST BE WORN 365 DAYS A YEAR.**

No home AHA's or Retin-A for 72 hours after treatment.

**FREQUENCY:** Every one - two weeks for 4-6 treatments, then monthly for maintenance.

Treatment can be alternated with anti-aging treatment after initial treatments.

### **PRODUCTS RECOMMENDED FOR THIS TREATMENT:**

**Ioson Depigmenter Gel**

**Atache Treatment Cream**

**Atache Sun Premium Spotless Face SPF 25**

## Fine Lines & Wrinkles

1. Cleanse the skin **Atache Make up Remover Gel** and pat skin dry.
2. Apply a gentle peel like the **Atache Mandelic Gel** to skin, concentrating on areas with fine lines and wrinkles.
3. Neutralize peel after 4 minutes by washing off with water.
4. Perform a light Microdermabrasion on the skin.
5. Apply **Ioson Anti-Wrinkle Gel**.
6. Turn on the **Red** and **Amber** Panels.
7. Set **Time** to **15** minutes.
8. Set **Intensity** to **Pulsate (if the client is comfortable with the pulsing)**.
9. After treatment wash face clean.
10. Dry face and apply **ReFill Wrinkle Mask** for 10 minutes.
11. Apply **Atache Vital Age Retinol Day Cream** and **Retinol Eye Contour** for eye area.
  - ✓ Massage into the skin and client should use **Atache Vital Age Retinol Day and Night cream** on a home regimen twice a day for 30 days.
12. Apply **Atache Sun Premium SPF 30**.

**FREQUENCY:** Every 1 - 2 weeks for 6 – 8 weeks followed by monthly maintenance.

### **PRODUCTS RECOMMENDED FOR THIS TREATMENT:**

**Ioson Anti-Wrinkle gel**

**Atache Make up Remover Gel**

**ReFill Wrinkle Mask**

**Atache Vital Age Retinol Day and Night Cream**

**Atache Vital Age Retinol Eye Contour Cream**

**Atache Sun Premium SPF 30**

**Atache Mandelic Peel**

## Skin Lifting

1. Clean skin thoroughly and pat dry.
2. Apply a gentle peel like **Atache Mandelic Peel**. Neutralize with water after 3-4 minutes and dry skin.
3. Perform a microdermabrasion on the skin.
4. Apply **Ioson DMAE Gel**.
5. Turn On **Red and Amber** panels.
6. Set **Time** to **15** minutes.
7. Turn **Intensity** to **Continuous**.
8. After treatment wash face clean.
9. Apply **Sesderma Daeses Lifting Cream**
10. Massage any product left on surface.

### **PRODUCTS RECOMMENDED FOR THIS TREATMENT:**

**Atache Mandelic Peel**

**Ioson DMAE Gel**

**Sesderma Daeses Lifting Cream**

## Puffy Eyes & Dark Circles

1. Cleanse the skin and pat dry.
2. Make sure the areas to be treated are not covered by protective wear.
3. Apply **Atache C Vital Tensor Flash**. Lightly massage into skin.
4. Turn on the **Red** and **Amber** bulbs.
5. Set **Time** to **15** minutes
6. Set **Intensity** at **Continuous**.
7. After treatment apply **Sesderma K Vit Cream**
8. **Note: Eye Lymphatic Drainage is highly suggested to reduce puffiness.**

### PRODUCTS RECOMMENDED FOR THIS TREATMENT:

**Atache C Vital Tensor Flash**  
**Sesderma K Vit Cream**

## Alopecia (Hair Regrowth)

1. Shampoo scalp with **Follon Shampoo**.
2. Turn on the **Red** bulbs.
3. Set **Time** to **15** Minutes.
4. Set **Intensity** to **Continuous**.
5. Place panel over scalp.
6. After treatment pump **Follon Tincture** to balding area.

Frequency: Repeat at least twice a week.

### **PRODUCTS RECOMMENDED FOR THIS TREATMENT**

**FOLLON SHAMPOO**

**FOLLON TINCTURE**

## Cellulite & “Orange Peel”

1. Exfoliate area.
2. Apply **Iosen DMAE Gel**.
3. Turn on **Red** and **Amber** bulbs.
4. Set **Time** to **15** minutes.
5. Set **Intensity** to **Continuous**.
6. After treatment wash area with water and pat dry.
7. Apply **Regenesis A** and work into area in direction of lymph nodes.
8. Apply **Regenesis B**.

### **PRODUCTS RECOMMENDED FOR THIS TREATMENT:**

**Iosen DMAE Gel**

**Regenesis A**

**Regenesis B**

## **COLD LIGHT™ Tri-Color LED Panel SPECIFICATIONS**

Each color has 840 super bright L.E.D.'s. (Red has 84 infrareds for a total 840).

Total L.E.D.'s = 2,520

Strength = 80 mwatt/bulb L.E.D.

Total Power Output = 201,600 mwatts

Type = Super Bright

Red 630 nm

Infrared 880 nm

Blue 460 nm

Amber 590 nm

Power Supply: 12 volt output 4.17 amps Switchable 100/240 volts

Contact: [Dermavista.com](http://Dermavista.com)

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