

# Medilux Healthcare Ltd.

## Healthcare for the Internet Age

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Safe - Natural - Drug-free - Non-invasive

## Q.Light® Treatment Guide

As recommended by Q.Products AG (Biotechnology & Photomedicine), Switzerland



### Q.Light® Therapy for ACNE

Scientific studies and empirical reports show individual cases of acne can be significantly reduced or even completely healed by regular therapy with **Q.Light®**. As individual treatment sessions are very short Q.Light® therapy can easily be integrated into traditional - local or systemic - regimens of acne therapy.

The average dose is 9.6 J/cm<sup>2</sup>, applied once per day. For optimal results it is recommended to clean the area to be treated with a mild cleanser, then direct the **Q.Light®** beam at a right angle to the treatment area. Treatment times per session are:

Models	Time	Treatment distance
<b>Q.Light® PRO</b> with Acne Care Filter Module	15 min	40cm
	10 min	30cm
	7 min	20cm
<b>Q.Light® Skin Care</b> with Acne Care Filter Module or <b>Q.Light® Acne Care</b> or <b>Q.Light® Home Care</b>	20 min	40cm
	15 min	30cm
	10 min	20cm

### Q.Light® Therapy for PAIN

**Q.Light®** can be an ideal complementary treatment to a variety of pain management programmes and its beneficial influence can affect the patient's general condition as well as pain symptoms. The average dose applied to the region of pain is around 12J/cm<sup>2</sup> to 24J/cm<sup>2</sup>.

For optimal results **Q.Light®** therapy should be applied daily, twice per day, but in acute stages sometimes three to four times per day. The light beam is directed at a right angle to the area to be treated and in cases of joint treatment it is possible to extend the therapy without danger. No side effects or contra-indications have been reported.

Models	Time	Treatment distance
<b>Q.Light PRO®</b> with Pain Care Filter Module	10 - 20 min	40cm
	7 - 15 min	30cm
	5 - 10 min	20cm
<b>Q.Light® Skin Care</b> with Pain Care Filter Module or <b>Q.Light® Pain Care</b> or <b>Q.Light® Home Care</b>	15 - 25 min	40cm
	10 - 20 min	30cm
	7 - 15 min	20cm

### Q.Light® Therapy for PSORIASIS, DERMATITIS and dry skin conditions

**Q.Light®** Therapy can offer relief for people with psoriasis conditions. As individual treatment sessions are short, it can easily be integrated into a standard psoriasis care programme depending on indication. The average dose applied to psoriasis is around 12J/cm<sup>2</sup> and the beneficial and regenerating effect of the **Q.Light®** Therapy can be used to support various forms of skin treatments.

Special dermatological creams can be applied before or after the light treatment. Any residue of cream should be wiped away if applied before commencing the light treatment. **Q.Light®** therapy offers relief of itching within days. The condition normally improves within the first two weeks, however in some cases it is very difficult to achieve total regeneration of the skin. It is recommended to continue long term **Q.Light®** therapy after initial symptom response, to regulate the immune system and moderate future flare-ups.

**Q.Light®** therapy is applied for just a few minutes once or twice per day. In order to use the **Q.Light®** system effectively, the skin should be cleansed before exposure to the light. Side effects and contraindications have not been reported. It is advisable to check longer lasting skin conditions with a specialist to receive additional professional advice.

Models	Time	Treatment distance
<b>Q.Light® PRO</b> with Psoriasis Care Filter Module	4 min	40cm
	3 min	30cm
	2 min	20cm
<b>Q.Light® Skin Care</b> with Psoriasis Care Filter Module or <b>Q.Light® Psoriasis Care</b> or <b>Q.Light® Home Care</b>	5 min	40cm
	4 min	30cm
	3 min	20cm

## Q.Light® Treatment Guide

### Q.Light® Therapy for WOUNDS and BURNS

Typically, wound healing takes place in three interlinking phases: endogenous purification, granulation and epithelialisation. **IMPORTANT NOTE:** In the initial treatment phase of chronic wounds some patients' wounds may respond to light treatment with rapid closure at the edge of the wound site. In these cases light therapy should be discontinued for a few days for the system to adjust and allow healing to proceed evenly. Recommence light therapy after this short period according to the treatment indications below.

For optimal results **Q.Light®** therapy should be applied on a daily basis, with the light beam directed at a right angle to the area under treatment. The average dose applied to wounds is 12J/cm<sup>2</sup>.

Models	Time	Treatment distance
<b>Q.Light® PRO</b> with either Wound Care Filter Module	4 min	40cm
	3 min	30cm
	2 min	20cm
<b>Q.Light® Skin Care</b> with either Wound Care Filter Module or <b>Q.Light® Wound Care</b> or <b>Q.Light® Home Care</b>	5 min	40cm
	4 min	30cm
	3 min	20cm

### **INFRA-RED**

Infra red-light produces a warming effect that stimulates blood circulation and can promote healing. It is not recommended to apply infra-red to infected wounds or to burns however, so there are two Wound Care filter modules to choose from, with and without infra-red. **Q.Light® Wound Care** is supplied with both filter modules, making this model exceptionally good value.

### **BURN WOUNDS**

**Q.Light®** therapy can reduce the need for surgery in the treatment of deep dermal burns, if applied immediately after admission to hospital. Within this group of patients, the use of light therapy accelerates wound healing and allows for early pressure therapy, therefore reducing hypertrophic scarring and contractures. In addition shortened hospitalisation results in cost benefits and increased patient satisfaction. This form of light therapy has become first choice for deep dermal burns in many hospitals and specialist burn centres.

### Q.Light® Therapy for SEASONAL AFFECTIVE DISORDER

For optimal results with **Q.Light® S.A.D.** therapy, it is important to apply an effective dose for adequate biological response. The light beam is directed from the front, directly onto the face and the treatment should be applied on a daily basis. It is not necessary to look directly into the light beam! One can read a book or magazine whilst receiving the light therapy.

Some studies have reported positive responses in patients with non-seasonal depression, premenstrual syndrome (late luteal dysphoria), bulimia, and alcohol withdrawal symptoms. Beneficial results have also been obtained by using the known capacity of light administration and light restriction to shift circadian rhythms.

Models	Time	Lux	Treatment distance
<b>Q.Light® PRO</b> with S.A.D. Care Filter Module	60 – 120 min	2,500	80cm
	40 - 60 min	10,000	40cm
<b>Q.Light® Skin Care</b> with S.A.D. Care Filter Module or <b>Q.Light® S.A.D. Care</b>	60 – 120 min	2,500	60cm
	40 - 60 min	10,000	30cm

### Q.Light® Therapy for BEAUTY

For optimal results **Q.Light®** therapy should be applied on a daily basis, especially if treating fine lines and wrinkles. As individual treatment sessions are short, they can easily be integrated into a standard cosmetic programme. The average dose applied for general cosmetic treatments is around 12J/cm<sup>2</sup>. The beneficial and regenerating effect of **Q.Light®** therapy can be used to support normal cosmetic treatments and take-up of moisturisers is increased following light treatment.

**Q.Light®** therapy is applied for just a few minutes once or twice per day. In order to use the **Q.Light®** system effectively, the skin should be cleansed before exposure to the light.

Models	Time	Treatment distance
<b>Q.Light® PRO</b> with Filter Modules Skin Care, Cellulite Care or Anti-Ageing Care	4 min	40cm
	3 min	30cm
	2 min	20cm
<b>Q.Light® Skin Care</b> with Filter Modules Skin Care, Cellulite Care or Anti-Ageing Care or <b>Q.Light® Home Care</b>	5 min	40cm
	4 min	30cm
	3 min	20cm