



# 光學美容

脫毛

活膚

光學美容重安全 皮膚健康免「焦」損



衛生署  
Department of Health

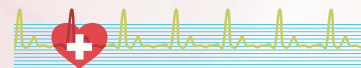
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二零零七年一月版



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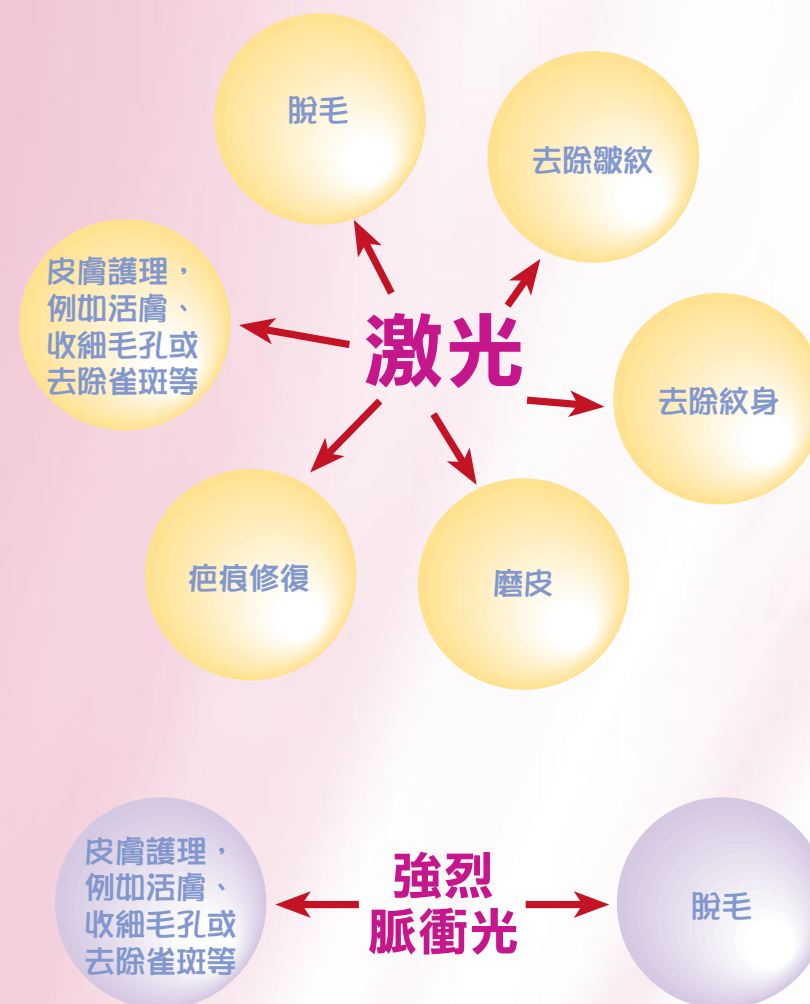
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## 甚麼是光學美容？

光學美容一詞，意指透過激光或強烈脈衝光等光能器械，將某類型的光束照射在皮膚組織上，利用光能所轉化的熱能破壞有損儀容的皮膚組織，例如毛囊、血管和色素體等，從而達到改善皮膚質素、去除皺紋和減退色斑等美容效果。

	激光	強烈脈衝光
原理	激光器械會產生強烈和高相干性的單色光束，藉照射皮膚組織來達到所需的治療效果。	使用非相干性的寬譜閃光系統，產生一組屬特定波長範圍的非相干性寬譜強光。閃燈前會放置過濾器，把波長不適用的光束阻隔，只容許治療所需的光束通過。

## 激光及強烈脈衝光的用途：



## 是否有些疾病應先由醫生治理？

下列病症應先由醫生診斷，以制定合適的治療方案：

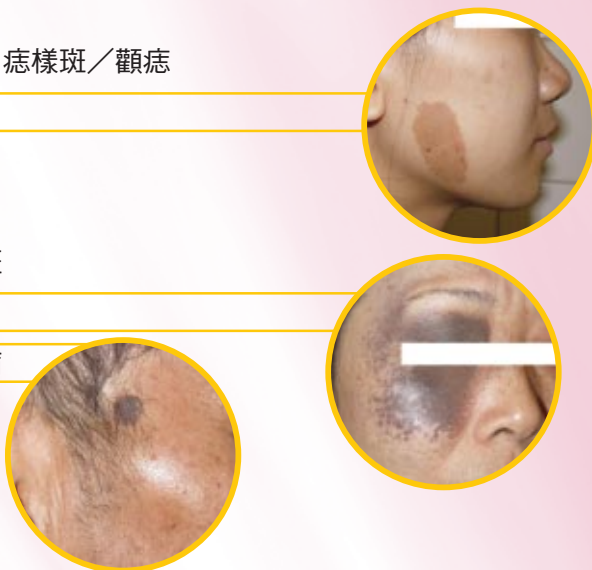
### 一. 血管病症，包括：

1. 血管角質瘤
2. 微絲血管瘤
3. 櫻桃色血管瘤
4. 葡萄酒色斑，又稱砵酒斑
5. 玫瑰痤瘡／酒紅斑／酒渣鼻
6. 蜘蛛狀痣
7. 微絲血管擴張



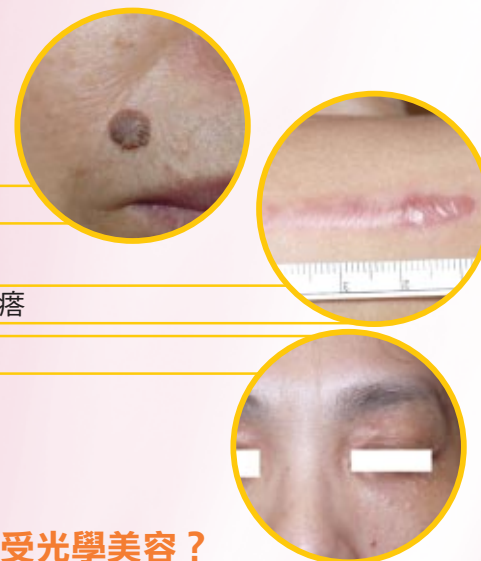
### 二. 色素沉着病症，包括：

1. 後天性雙側太田痣樣斑／顴痣
2. 咖啡斑
3. 着色斑
4. 黑素細胞痣
5. 黑斑病／黃褐斑
6. 太田痣
7. 皮脂溢性角化病



### 三. 其他病症，包括：

1. 多毛症
2. 病毒性疣
3. 暗瘡疤痕
4. 增生性疤痕／癍痕疙瘩
5. 黃斑瘤



## 甚麼人士不適宜接受光學美容？

局部或全身炎症患者，特別是面部的皮膚炎症，例如水疱等

免疫系統缺陷患者

疤痕性體質的人士

光敏性皮膚的人士

最近用過光敏性藥物的人士

神經過敏者

疑患皮膚癌的人士

血凝異常的人士

孕婦

癲癇症患者

最近曬傷皮膚的人士



## 光學美容有甚麼副作用及風險？

可能出現疼痛、水泡、紅腫、結焦或色素沉着或紅印等副作用。如所用光能過強，則有機會導致皮膚燒傷或永久疤痕；若強光直接接觸眼睛，更有可能導致失明。

## 強烈脈衝光器械操作員的技能測驗

職業訓練局於2007年推出專為強烈脈衝光器械操作員而設的技能測驗，以供註冊醫護人員以外的操作員自願參與。這項技能測驗旨在加強操作員對使用強烈脈衝光器械的安全意識，從而減低他們及顧客因器械誤用而承受的風險，並讓未受正式訓練的人士取得認可資格。通過技能測驗的操作員將會獲頒證書，以認可他們在操作強烈脈衝光器械方面具備基本的安全知識，能為顧客進行脫毛及活膚護理。有關詳情可參考職業訓練局網頁

<http://www.vtc.edu.hk/it/bhtb/index.htm>。

## 衛生署的建議



如欲知悉更多有關醫療器械的資訊，請瀏覽香港衛生署醫療器械科網頁：<http://www.mdd.gov.hk>。



Hair Removal

## Light-based Cosmetic Procedures

Skin Rejuvenation

*Safe use of light-based cosmetic devices  
protects you against skin injury*



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January 2007 version



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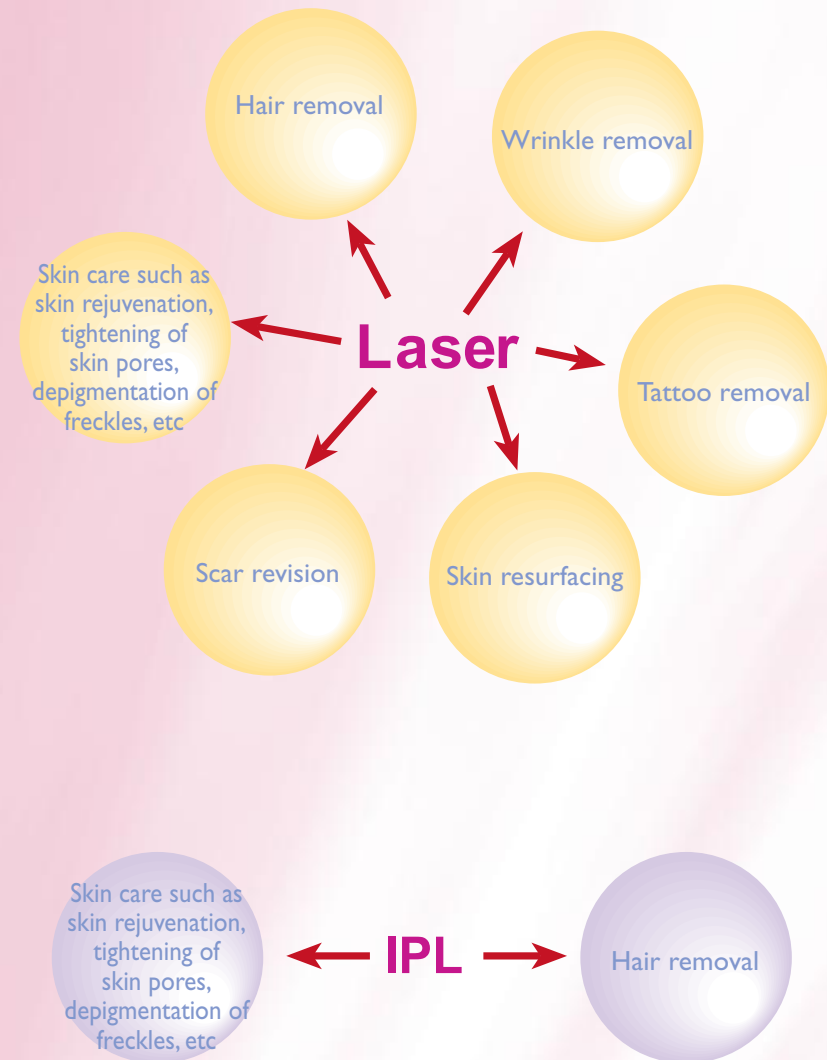
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## What are light-based cosmetic procedures?

Light-based cosmetic procedures achieve beautifying effects like skin rejuvenation, wrinkle removal and pigmentation reduction by applying onto the skin surface certain kinds of light beams via light-based equipment such as laser or intense pulsed light (IPL) apparatus and making use of the heat energy transformed from the absorbed light energy to destroy unsightly skin tissues such as hair follicles, blood capillaries and pigments.

	Laser	IPL
Principle	Intense beams of highly coherent and monochromatic light emitted by laser apparatus are applied onto skin tissues to achieve desirable treatment effects.	By making use of a non-coherent broadband light flashing system, a set of non-coherent intense beams of specific wavelengths are produced. A filter is placed in front of the flashlamp to stop beams of unwanted light waves and permit only beams desirable for the treatment to pass through.

## Uses of laser and IPL:



## Are there any skin condition which should first be managed by registered medical practitioners?

The following skin conditions should be diagnosed by registered medical practitioners first to work out the appropriate treatment plans:

### I. Vascular disorders, including:

1. Angiokeratoma
2. Capillary haemangioma
3. Cherry angioma
4. Port-wine stain
5. Acne rosacea / Wine erythema / Rosacea
6. Spider Naevus
7. Telangiectasia

### II. Pigmentation disorders, including:

1. Acquired bilateral naevus of Ota-like macules - ABNOM / Hori's naevus
2. Cafe-au-lait macules
3. Lentigines
4. Melanocytic naevus
5. Melasma / Cholasma
6. Naevus of Ota
7. Seborrhoeic keratosis

### III. Other disorders, including:

1. Hirsutism
2. Viral wart
3. Acne scar
4. Hypertrophic scar / keloid
5. Xanthelasma

## Do you have the following conditions that are not suitable for light-based cosmetic procedures?

Local or generalized inflammatory disorders, especially inflammation of facial skin such as blisters

Impaired immunity

Predisposition to keloid formation

Photosensitivity

Recent use of photosensitive drugs

Anxiety neurosis

Suspected dermatological malignancies

Coagulation disorders

Pregnancy

Epilepsy

Recent sunburn

## What are the side-effects and risks of light-based cosmetic procedures?

Possible side-effects include pain, blister formation, redness and swelling, scab formation, hyperpigmentation or red marks. Excessive light energy exposure may cause skin burn or permanent scarring. Direct exposure of the eyes to excessive light energy may even result in visual loss.

## Trade Test for the Intense Pulsed Light (IPL) Equipment Operator

The Vocational Training Council (VTC) first launches the Trade Test for the Intense Pulsed Light (IPL) Equipment Operator in 2007 for voluntary participation by operators other than registered healthcare workers. The trade test aims at enhancing the safety awareness of operators of IPL equipment so as to reduce the risks of injury on themselves and customers arising from improper operation, as well as to allow the operators without formal training to acquire the certification. Operators passing the Test will be awarded a certificate in recognition of their basic knowledge in safe operation of IPL equipment and competency in conducting hair removal and skin rejuvenation procedures for customers. For details, please refer to the VTC webpage at <http://www.vtc.edu.hk/it/bhtb/index.htm>.

## Advice from the Department of Health



For further information on medical device, please visit the website of Medical Device Division, Department of Health at <http://www.mdd.gov.hk>.