



Department of Dermatology

Cosmetic Dermatology

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IPL SKIN REJUVENATION PATIENT INFORMATION

IPL Skin Rejuvenation is indicated for the cosmetic reduction of fine lines, superficial pigmentation and telangectasias.

What areas can be treated? Practically any area with mild to moderate sun damaged skin, including face, neck, chest, back and hands.

How does it work? All light based Skin Rejuvenation treatments work by converting light energy from the IPL to heat the treated area. This heat-induced stimulation will stimulate collagen, elastin, lighten pigmentation, reduce telangectasias, and ultimately after a series of treatments, improving tone and texture of the skin.

What can I expect? During treatments, a mild warming sensation of the skin is noticed. Immediately after treatment a mild redness and slight swelling of the skin may be present. This will typically disappear over the next hour or so. Treatments of the same area are typically done after 3-4 weeks. Typically, a minimum of 5-6 treatments are required for optimum results.

What are the potential adverse effects? **Burns:** Blisters and burns are rare but occasionally occur. Very rarely, burns may become infected. **Scarring:** Objectionable scarring is very rare, but scars are possible. **Pigmentation:** Pigmentary change of the skin treated can occur, including either dark or light areas but are almost always temporary.

Contraindications: In order to ensure patient safety IPL Skin Rejuvenation should not be administered in the following settings:

- **Pregnancy:** If a patient is or thinks she may be pregnant.
- **Light Sensitivity:** Patients with increased sensitivity to light or infrared light for any reason including from a medical condition or medication.
- **Seizures:** Patients with a seizure disorder triggered by flashing light.
- **Inflammation or infection:** IPL treatments should not be administered in areas that are inflamed or infected.
- **Sun Exposure:** Any patient who has had unprotected sun exposure or tanning or who has applied a sunless tanning lotion within 2 weeks.
- **Isotretinoin:** Patients presenting who have taken Isotretinoin (e.g. Accutane) within the past 6 months.
- **Melasma:** Patients presenting with hormonally induced hyperpigmentation.
- **Tattoos:** IPL treatments will be avoided overlying and up to 1 cm of any tattoos.
- **Suspicious Lesions:** Patients with undiagnosed clinically suspicious pigmented lesions within treatment area.
- **Keloid:** Patients with known susceptibility to keloid scarring.

Pre Care Instructions: Avoid excessive sun exposure, tanning beds, or sunless tanning creams for at least 2 weeks prior to your appointment. Patients with a history of excessive hyperpigmentation in addition to a test spot may use a skin lightening agent or topical hydroquinone 2 weeks prior to treatment in the proposed treatment area.

After Care Instructions: A broad spectrum (UVA/UVB) sunblock, SPF 30 or greater, should be applied to the treated area(s) whenever exposed to the sun. If persistent mild redness, swelling and or discomfort is noticed apply a cold compress or ice pack intermittently. Avoid exposure to heat, such as hot tub or sauna until this has completely resolved. If symptoms do not improve or worsen contact us immediately. If you notice blistering, crusting, drainage or any other symptoms that concern you contact us immediately.

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