



SKIN & BEAUTY CENTER  
Cosmetic, Medical and Surgical Dermatology

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## Intense Pulse Light

### What is Intense Pulse Light?

Intense Pulse Light Technology, also referred to as Fotofacial, improves the appearance of photo-aged skin, removes age spots (sun-induced freckles), most benign brown pigments, and redness caused by broken capillaries through a process called Photo Rejuvenation for face and body. IPL Skin Treatments using Photo Rejuvenation help restore a more youthful appearance without patient downtime. It is a technology that gradually and naturally restores a smooth even surface to your face, hands and chest.

Today's active lifestyle doesn't leave much time for recovery from a cosmetic procedure, which is why IPL technology is one of the single best technologies for overall skin improvement. Unlike lasers, which use intense, focused light, IPL is intense broadband light. Although IPL delivers energy to both the superficial (epidermis) and deep (dermis) layers of the skin, the epidermis is spared from damage.

The Intense Pulsed Light (IPL™), treats and corrects a variety of skin conditions such as irregularity of color (brown and red spots), poor skin texture, small veins, and signs of aging due to sun. It offers a safe, non-invasive solution that can be tailored to your individual condition and skin type, providing superior cosmetic results and outstanding satisfaction. Intense Pulsed Light energy allows your physician to precisely treat fine wrinkles, age & sun spots, small facial veins and several other skin blemishes. Your treatment will be tailored to match your skin's condition and your desired results.

### How is the IPL procedure performed?

During treatment, the IPL wavelength is optimized so that the energy is absorbed only by the unwanted melanin, raising the temperature to cause shattering of the pigment. Deeper level damaged blood vessels are treated at the same time. A cold gel is usually applied to the area to be treated, and you may be given dark glasses to protect your eyes from the bright light. The smooth glass surface of the IPL™ handpiece is gently applied to your skin and pulses of light are applied. You may feel a slight sting, like the snapping of a small rubber band as the light is absorbed by the targeted areas. An anesthetic cream may be used, but is seldom required. Treatment is generally administered in a series of procedures that provides excellent long-term results, minimal adverse effects and high satisfaction. Each treatment takes about twenty minutes to half an hour depending on the size of the area to be treated and the type of the procedure performed. Your physician will discuss all of your options with you.

### How does IPL work?

The light energy delivered by the IPL will gently heat up the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to generate new collagen. This will help restore your skin to its natural beauty, blending its natural colors and making it smoother, vibrant and younger looking. In addition the photothermal energy will target and eliminate many of the fine vessels that cause redness and the unwanted melanin responsible for pigmented lesions.



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### What should I expect after treatment?

Shortly after treatment, the unwanted pigment cells (or melanin) have been thoroughly fragmented without damage to the surrounding tissue. Vascular lesions are heated, causing coagulation and shrinking of the vessels. In the weeks after treatment, the shattered melanin particles are eliminated through a process which causes the fragmented pigments and damaged melanocytes to be absorbed by the body. Little or no trace of the initial lesion remains. The treated vessels deeper within the epidermis are reabsorbed by the body in much the same way.

Because the treatment is gentle, there is no interruption of routine activities, although any brown spots you have will temporarily turn darker for about 7-10 days. By helping to remove the age spots (sun-induced freckles) and broken capillaries, the result is overall younger looking skin. Improvement is subtle and accomplished over a series of treatments so the patient's skin does not appear obviously treated.

### What conditions can skin rejuvenation treat?

- Sun Damage
- Flushing and Redness
- Skin Texture
- Redness
- Broken Capillaries
- Brown Spots
- Birth Marks
- Port Wine Stains
- Red Spots (Hemangiomas)
- Poikiloderma
- Burn Erythema
- Hyperpigmentation
- Café au lait macules
- Age spots
- Dark circles around the eyes
- Sun-induced freckles on the hands, chest, and face
- Excels in helping the reduction of fine wrinkles and large pores

### What areas can be treated?

Any area of your body can be treated. The most common areas are those most exposed to the damaging effects of sun light. The most popular treatments are for the face, neck, back of the hands, chest and shoulders. How many treatments will I need and why are multiple treatments needed? From 2 to 5 treatments, at 2-4 weeks interval will produce the desired results. You may benefit from additional treatments depending on the severity of your condition.



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A series of five or six treatment sessions may be recommended. You can return to work the same day and resume all your regular activities.

### What will my face feel like after IPL treatment?

IPL therapy brings about gradual changes over the course of the treatments. After a full course, you may notice improved texture of skin, decreased redness, more even color, and youthful skin tone.

### How long will it take to recover?

This is a non-invasive and gentle procedure with virtually no down-time. In most cases you will be able to return to work, apply makeup, and resume most of your activities right away. You may experience some redness that should resolve within a few hours. For some pigmented lesions you will see a darkening of the treated areas followed by fading and flaking off in 1-2 weeks. Your treated skin will feel smoother, fine wrinkles and pores will be less noticeable, and sun spots or uneven pigmentation will fade. Results depend on your condition, the number of treatments, and the area treated. Your physician will provide you with complete information about the post treatment care and results.

### Will it be uncomfortable?

The procedure is gentle, non-invasive, and safe. There should be minimal or no discomfort, however this varies from patient to patient and depends on the depth of the treatment. There is no need for a topical anesthesia; however your physician may choose to use one on more sensitive areas. Your physician will recommend the best options during consultation.