



Intense Pulse Light (IPL) Treatments Photorejuvenation/Foto Facial

IPL, also called FotoFacial® and Photorejuvenation, is a breakthrough technology that has become one of the most popular cosmetic treatments. Both the pleasures and stresses of life, along with the simple passage of time, tend to cause our skin to appear older. Intense Pulsed Light is a non-ablative, non-wounding, laser treatment that can be customized to your individual needs and will provide superior cosmetic results and high levels of satisfaction. After only the first treatment, skin feels smoother and appears more even toned. The amazing thing is that IPL can be used on nearly any part of your body including your neck, hands and feet.

IPL treatments utilize intense visible pulsed light to effectively treat skin conditions. The experienced physician operating a pulsed light device can customize settings to select the wavelengths, number of pulses, duration of pulses, delay between pulses, and power delivered to best match the relative depth, size, and absorption characteristics of the imperfection. This flexibility and variability allows the knowledgeable physician to maximize results and minimize side effects -- a much broader range of possible settings than available in any single or even in many combinations of laser treatments.

The process begins with a consultation and a treatment plan. A treatment schedule is designed for specific skin types and areas that will respond best to IPL technology. The informed consent process involves a discussion of the procedure, enumeration of risks, discussion of anticipated results, and presentation of alternative options. During this consultation, you have an opportunity to ask questions. Your understanding of benefits and risks is necessary for informed consent to take place.

An IPL treatment package consists of a series of five to eight treatments. A series of at least 5 treatments is needed to obtain the best results. Some patients may benefit from more treatments depending on the severity of the condition treated. Treatments are given 3-4 weeks apart.

What is an IPL treatment like?

Patients tolerate the non-invasive procedure very well. Those with more sensitive skin may use a topical anesthetic, applied 30 minutes before the procedure. Before treatment, a cold gel is applied to the area treated, and you may be given dark glasses to protect your eyes from the bright light. During the treatment, you will hear a beep each time the machine is used. Afterwards, for a few minutes or hours, the skin may be flushed and appear irritated. These initial effects usually fade within hours, but can occasionally last for a few days.

By dividing the full program into several treatments, the procedure provides gradual improvement. Skin texture becomes smoother, skin tone more even and pore size and wrinkles will be reduced. This procedure is for people who don't want to take time off to heal from deep laser resurfacing or multi-layer chemical peels.

Indications for Treatment:

1. Young patients with milder degrees of skin damage or early aging changes
2. Rejuvenation of skin of the face, neck, chest, arms or hands
3. Pigment changes/sun damage or aging skin
4. Ruddy skin appearances ("dyschromia") - rosacea, red chests and necks
5. Enlarged pores
6. Fine lines and wrinkles
7. Telangiectasia (veins)
8. Unwanted freckles
9. Hyperpigmentation or brown spots
10. Sun-damaged skin
11. Acne scarring
12. Moderate to severe cystic acne
13. Pre-cancerous skin lesions
14. Abnormal pigmentation (melasma and hyperpigmentation)
15. Birth marks

Before Treatment:

- The area should be cleansed and all makeup or creams removed
- Cool air will be directed to the area for your comfort
- Each treatment takes approximately 30 minutes
- It is very important to avoid tanning before and after treatments
- Complete the consultation and sign the treatment consent form

After Treatment:

- Cold packs may be used for ten minutes after treatment for delicate skin
- Immediately following a treatment, the skin may appear pink and flushed
- Gentle cleansing and sun protection are important while the skin is sensitive
- No bruising, swelling, discomfort or downtime
 - Shows gradual improvement with very low risk