

Intense Pulsed Light (IPL) Pre & Post Care Instructions w/FAQ's

What is this treatment about?

The IPL device produces high intensity light energy emitted in pulses of broad wavelengths. An IPL treatment is also called a photo facial. IPL is great for color correction. Intense Pulsed Light wavelengths help the body clear the sun damaged top layer and boost the skin's regenerative processes, revealing the newer, healthier skin underneath.

IPL uses short pulses of multi-wavelength high-intensity heated light to penetrate just below the skin's surface, damaging sun and age spots, rosacea, and broken capillaries. The body repairs the damage, leaving a more even skin tone. Due to the heat of these wavelengths, this treatment is NOT for melasma and should not be used on it.

Wait at least 2 weeks after Botox and 1 month after fillers before having an Intense Pulse Light treatment. Laser treatments will not affect your Botox or fillers after that time.

During the Treatment

We apply a cooling gel for the IPL to glide through. You will feel the laser energy snapping on the skin so expect some discomfort. Numbing is not recommended as it is a blood vessel restrictor and will limit the results from IPL treatment.

After Care

- You will experience redness and swelling after the procedure. This is your body's reaction to the treatment and will subside in a day or two. The brown spots will darken and get very dry before falling off, this may take 1 week.
- Some people may experience the feeling of a sunburn after the treatment. This is common and will last only 1-2 days. You may use over the counter oral pain relief or aloe vera gel
- Keep the treatment area covered and out of the sun while healing, avoid hot tubs and hot water on the treatment site.
- We recommend looking for a good skin care line (such as Skin Blends & GlyMed Plus) to begin after that initial week with a gentle face wash and good moisturizer. Ask your CLS for advice.
- An average client is completely healed in 3-5 days; brown spots may take longer as they darken first then slough off
- You will have increased sun sensitivity for 1 month post procedure, so sunscreen is the most important part of your daily skin regimen. We recommend Elta MD, Skin Blends or Jane Iredale

Frequently Asked Questions - Intense Pulsed Light (IPL)

Q. Will I be red and swollen?

A. The swelling is your body's reaction to the laser which is desired and expected. Your body is sending blood and water to heal your skin. This reaction should only last 1-2 days.

Q. What are these dark spots?

A. The intense pulsed light has heated the sun and age spots, so your body will think they are a foreign object and push them out, so **do not use moisturizers for the first day.**

Q. Am I supposed to peel?

A. This treatment will not trigger much peeling, but it all depends on how much dead skin you have been exfoliating before your treatment, or if you have had laser treatments before.

Q. Can I use pain management?

A. Yes, if necessary, use your choice of over-the-counter pain medications.

Q. When can I expect to see results?

A. Results should be noticeable within a week but may take 1- 3 months to allow your skin to totally replace all the cells to see full results.

Q. How many treatments will I need?

A. Intense pulsed light treatments are very effective for color correction of browns and reds; however, it would be inappropriate to think every brown or red spot to completely disappear in only one treatment. We have found that a series involves of 3 treatments spaced 4-6 weeks apart would work the best for full clearance and this treatment is not for melasma or port wine stains.

Q. How often can I do these procedures?

A. An IPL photo facial treatment can be done monthly. We recommend having them every year to maintain results.

Q. What other areas can be done with Intense Pulsed Light?

A. Back of hands, arms, legs, face, décolleté and back are the usual places in need of general color correction from sun damage.