

# *Bradley J. Abrams, D. O.*

DERMATOLOGY AND DERMATOLOGIC SURGERY  
BOARD CERTIFIED



## **IPL™ Photorejuvenation - Pre and Post-treatment information**

IPL™ Photorejuvenation is the process of using intense pulsed light to treat the following conditions:

- Vascular changes (including telangiectasias), and the redness and flushing symptoms of rosacea
- Pigmentary changes (including brown spots and lentigines), dyschromia, ruddy complexion, and other conditions brought about by sun damage and photoaging
- Generalized aging of the skin on the face, neck, upper chest, or hands

The following information may answer some of your questions about this treatment, explain the possible side effects, and help to prepare you for a treatment session.

### **Prior to an IPL™ treatment:**

1. The area to be treated should be free of hair. The hair in the area to be treated may be temporarily or permanently removed. Any pigmented lesions, tattoos; moles etc., within the treatment area may be lightened. Templates may be created to protect these areas upon request.
2. You should avoid direct sun exposure, tanning beds, and sunless tanning products for 3 to 4 weeks prior to and in between your treatments. Use a sun block for all exposed areas.
3. All jewelry near the area to be treated should be removed prior to treatment.
4. Makeup should be removed prior to treatment of the face and neck, however, eye makeup can stay on.
5. The use of glycolic acids or glycolic soaps is not recommended before or after treatment.

### **During the treatment:**

A test will be conducted to see how your skin reacts to the treatment. This is an important step in determining the right settings for your treatment in order to achieve the maximum results with minimal discomfort.

Some patients may feel discomfort during treatment although the exposure is limited to an extremely short pulse. Some patients have reported that the treatment feels like a rubber band snapping on their skin. This discomfort may range from mild to moderate and does not last long. If you encounter discomfort during your test site treatment, a local anesthetic ointment will be provided in advance of your full treatment to help desensitize the area. A mild burning sensation (like a sunburn) may last for up to an hour after the treatment. A cold compress or ice pack may be used if desired.

We will adjust the settings of the IPL™ according to your comfort level and how your skin responds. Slight redness during treatment is a sign that the treatment is working.

#### **After the treatment:**

1. There is a slight possibility of developing a crust or blister within a treatment area. On the rare occasion that it does occur, it will be superficial, does not result in any scarring, and should be treated like sunburn or any other blister.
2. The treated areas are likely to heal without any pigment changes. However, there is always a chance that hyperpigmentation (darker) or hypopigmentation (lighter) areas may occur. This discoloration is temporary and will fade within one to six months. Sun exposure must be avoided three to four weeks prior to treatment and after, as exposure to the sun may intensify hyperpigmentation. It is rare that these changes are permanent.
3. Scarring is also very rare and it is important to follow all post-treatment instructions carefully as we cannot speculate on the results if you don't.
4. Swelling may occur immediately after treatment, especially if the face has been treated. This is temporary and not harmful. Cold packs or a hydrocortisone preparation may reduce the swelling.
5. Bruising may or may not occur. If bruising occurs, it will normally clear up within 3 to 10 days.

#### **Post Treatment Care**

1. Avoid hot showers and baths for 24 hours after the treatment. Cool or warm showers or baths are okay.
2. Avoid exercise or activity that causes heavy perspiration for 24 hours after the treatment as the skin needs time to cool down and recover.
3. If the skin is broken or a blister appears, apply an antibiotic ointment such as Bacitracin. The area should be kept lubricated to prevent crusting or scabbing of the tissue.
4. Cold packs, Aloe Vera, or any other cooling preparation may be used to ease temporary discomfort.
5. Prolonged sun exposure should be avoided during treatment. A total sun block should be applied if you must be in the sun for any length of time.
6. Makeup can be applied to treated areas as long as the skin is not broken.

IPL™ Photorejuvenation is a safe and highly effective procedure. Please remember that it may take up to 5 or 6 treatments to achieve the intended results. Rejuvenation is a gradual, natural process that restores your skin's youthful glow. While some patients see changes within weeks, you may not notice any changes until your second or third treatment.

**Please do not hesitate to ask any questions or to address your concerns. Call the office immediately if you have any complications related to this treatment (941) 926-2300.**