New England Dermatology & Laser Center
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IPL (Intense Pulse Light) SKIN REJUVENATION

IPL is a broad-spectrum light treatment which is used to improve the appearance of photoaged skin. It reduces the appearance of brown spots, red spots and fine lines on the skin. It may also improve the overall tone and texture of the skin as well. It is sometimes referred to as a "photo-facial". This treatment can also be used to improve the appearance of the neck, chest, back, forearms and hands. Usually, several treatments are required at monthly or longer intervals to obtain improvement. The ideal candidates for this procedure are those who have fair skin and fair eyes.

PREOPERATIVE PREPARATION:

- Tanning, whether it be with natural sunlight, indoor artificial light, or self-tanning products, is not recommended at any time, but especially six weeks before treatment, between treatments, and for at least six weeks after your last treatment.
- Sunscreens/Sunblocks with an SPF-30 or greater and ingredients which block UVA and UVB light should be worn at all times to maximize your results.
- You should not apply any creams, lotions, moisturizers, makeup, topically prescribed medications or other products to your skin on the day of treatment.
- Occasionally, patients who are prone to cold sores around their mouth may develop a cold sore as a result of treatment. Individuals who are so prone may want to take an oral antiviral agent before treatment. (PLEASE CANCEL YOUR APPOINTMENT IF YOU HAVE A VISIBLE COLD SORE, AS YOU CANNOT BE TREATED UNTIL THE LESION IS COMPLETELY HEALED.)
- The procedure feels as though you are experiencing a sunburn, but if you are particularly sensitive to pain, you might ask your physician to apply a topical anesthetic prior to treatment. In most cases, this is not necessary.

OPERATIVE PROCEDURE:

- Depending upon the area treated, the procedure takes about 20 minutes.
- Each time the light source is pulsed, it feels as though a rubber-band is being snapped upon your skin and anywhere from 100-200 pulses may be required to treat an area.
- After the procedure, it feels as though you had an intense sunburn which may last anywhere from several hours to a day. During this time, you may apply plain cool water compresses for 10-20 minutes every hour and a moisturizer of your choice.

POSTOPERATIVELY:

- After the procedure, the treated area will likely be moderately red and swollen, which could last up to ten days or longer.
- During this time, the moisturizer of your choice may be applied as often as desired and you may use your usual personal care products, including makeup. However, you should not apply any prescribed medications to the affected areas until the redness has subsided.
- Any brown spots which were treated will become darker, more crusted and more visible after treatment. As the skin peels, much like a sunburn, over the next couple of weeks, these spots will lighten.

All surgical procedures carry some degree of risk. The most common expected side effect of this treatment is discoloration at the treatment site. This discoloration is usually temporary, lasting weeks to months, but could be permanent. Pain, blistering, bleeding, infection and scarring are possible, but uncommon. The results of treatment may not be apparent for 4-6 weeks. Usually, several treatments are required at monthly or longer intervals to obtain maximum improvement. Unfortunately, no assurance s or guarantees can be given as to the results of treatment.

We are pleased that you have chosen New England Dermatology & Laser Center for you skin care and we appreciate your confidence in us. If you have any questions or concerns regarding your treatment, please call (413) 733-9600.