

## **Comprehensive Dermatology Group**

### **IPL (Intense Pulse Light):**

**Intense pulse light** (IPL or photofacial treatment) is a cosmetic light technology used to treat brown spots, freckling, mild redness, and photoaging. IPL is ideal for fair complexion, sun-damaged skin. IPL causes minimal skin damage by passing through the top layer of the skin and penetrates deeper layers where pigment, blood vessels, and collagen are found. The results are a more even skin tone and smoother texture.

**IPL** is a gentle laser with minimal recovery or down time. No swelling, scabbing, or peeling. One treatment will usually improve skin pigmentation by 50-60%, but results vary in different skin types. Fair skin patients, who tend to sunburn, usually obtain good results. Those who tan more easily tend to have more variation in their response and multiple treatments may be necessary spaced 1 month apart. I recommend maintenance treatment with IPL every 1-2 years. Results will last longer the more diligent you are with sun protection.

Treatment is generally safe and effective, but complications can occur such as hyperpigmentation or hypopigmentation (darkening or lightening of the skin and rarely scarring). Patients should not be tan prior to treatment (no sun 1 month prior) and it is very important to avoid all sun exposure for 2 weeks after IPL (hat and SPF whenever outdoors). It is usually not recommended for patients with melasma.

#### **What to expect:**

- Anesthetic cream may be applied to the skin prior for added comfort (optional)
- Protective eyewear are worn
- IPL hand piece glides across skin surface
- Mild discomfort compares to snapping rubber bands on the skin
- Treatment session is approximately 20-30 minutes per area
- Skin appears slightly red for a few hours after treatment
- Pigments areas will temporarily darken
- Pigments areas remain darkened for 1-2 weeks and slough off gradually as skin naturally turns over
- Avoid exfoliation or picking skin until healed
- Cleansing and make-up can be used immediately after
- Strict sun protection is necessary to achieve results

#### **Cost per area:**

Face: \$600

Chest: \$600

Face, neck, and chest: \$1250

Both Hands: \$600