

IPL Photofacials

IPL Photofacials, Intense Pule Light therapy, involves a handheld device that emits pulses of broad spectrum light through direct contact with the skin. The IPL light is absorbed by the red blood cells and melanin in the skin, intentionally damaging them and breaking them up so they can be absorbed by the skin, which decreases its appearance on the skin's surface. This makes this an effective treatment for sun damage, broken capillaries, rosacea, and pigmented lesions.

WHAT IS THE AVERAGE RECOVERY ASSOCIATED WITH THE PROCEDURE?

Most patients experience about one week of downtime, and some up to two weeks. Red and raw feeling skin with possible swelling is typical after laser treatments. Patients can expect redness, scabbing, and/or peeling for a few days to weeks. Some patients may experience minimal erythema and no peeling, but this doesn't mean the treatment was not effective. This treatment works at a cellular level, so not every patient experiences visibly intense healing. The healing process will vary for each patient.

WHAT RESULTS CAN I EXPECT FROM IPL LASER?

The results of IPL become noticeable over a few weeks as the body heals and skin is rejuvenated. Proper skin care, mitigating sun exposure, and utilizing sunscreen decreases the risk of patchy skin pigmentation. The final results of treatment will be naturally altered with aging and sun damage.

Prior to Treatment:

1. Avoid prolonged direct sun exposure (golf, beach, pool, etc) for 1 week prior to your procedure.
2. Avoid use of retinoids (Retin-A, Tazorac, Differin, Z*RO Wrinkles) or retinol-containing products 1 week prior to your procedure. Avoid use of any rosacea medications 24 hours prior to your procedure.
3. For men, if a hair bearing area like the beardline is going to be treated, then please shave the day before.
4. You should be well hydrated before treatment to promote effective healing. A few days leading up to treatment as you should be drinking 64oz of water, and avoiding alcohol and smoking.
5. Please inform your provider if you have a history of recurrent cold sores. We will prescribe an oral antiviral medicine to be started the day of your treatment.

Treatment Day:

1. You may topically numb for this procedure for about 20 to 30 minutes. However, topical numbing can lower the efficacy for the treatment of broken capillaries since the numbing can cause vasoconstriction.
2. Do not apply any make up or lotions the day of your treatment.
3. If your pain threshold is low you may request a prescription for a narcotic to be taken 30 to 60 minutes prior to your appointment. Please make arrangements to be driven to and from our office for treatment.
4. IPL will be performed by a trained ZRoc specialist and takes approximately 15-30 minutes depending on the area.
5. The sensation of treatment can be compared to multiple rubber band "snaps", however, the treatment can be paused if necessary to minimize pain.

Post Treatment Tips:

1. Avoid prolonged direct sun exposure (golf, beach, pool, etc) for 2 weeks after your procedure.
2. If you have any discomfort, begin applying ice packs or cool compresses to the treated areas as frequently as necessary.
3. Place your moisturizer in the fridge, and apply as needed for a cooling effect.
4. If swelling occurs, it may last for a few days. Elevate your head on two pillows to decrease swelling. Ice 20-minutes per hour for significant swelling.
5. For pain relief you can take an over the counter pain reliever like Advil®, Motrin® or Tylenol®.

6. You may apply topical Hydrocortisone 1% lotion or cream to reduce stinging and burning however **USE ONLY IF NECESSARY**. Using a topical steroid blunts the immune response, which may decrease the efficacy of treatment. This can be purchased over-the-counter.
7. You may shower as desired. Do not let hair products touch the face or treated area.
8. Avoid pools, hot tubs, and spas for one week post-treatment.
9. Avoid working out or excessively sweating until the peeling (if it occurs) ceases.

After Care Regimen:

1. Be sure to thoroughly wash your hands prior to touching your face.
2. Cleanse skin with a gentle cleanser (our recommendation: **Atoderm Cleansing Oil**), use cool water and your fingertips. Do NOT use a Clarisonic® brush or anything similar until after the peeling ceases. This should be done twice daily, once in the morning and once in the evening.
3. Moisten and irrigate the skin to promote the wound healing process with **Lasercyn® Dermal Spray** as frequently as necessary. If you leave your house, when you return, use the Lasercyn® Dermal Spray immediately to kill bacteria, viruses and fungi you may have encountered after leaving your home.
4. Your skin may appear red and flaky and feel dry and tight for 1-2 weeks following treatment. Use a moisturizer (our recommendation: **Bioderma Sebium Hydra** or Aquaphor) as frequently as necessary to aid in discomfort. You should moisturize immediately after cleansing, and any other time your skin feels dry, tight, or itchy throughout the day. *You should be moisturizing frequently during the healing process.*
5. Use sunblock with only titanium dioxide or zinc oxide every morning after moisturizing (our recommendation: **Z*ROC Mattifying Sunscreen**). It is especially effective at protecting your newly rejuvenated skin.
6. No picking, peeling or scrubbing the skin in any way while healing which could lead to scarring.
7. For facial hair, no shaving with a razor blade until day 5 post treatment.
8. You may use makeup and return to your normal skin care routine once any peeling or crusting has healed, and as long as the skin is not broken. Most patients have completed the peeling process after 7 to 10 days.
9. If the skin is broken or a blister appears, apply antibiotic ointment (Bacitracin or Polysporin) and contact the office immediately.
10. The area may be a healthy pink for up to 1 month. You can resume your normal skin care routine one week after the day of your treatment.

Recommended Products:

1. Atoderm Cleansing Oil
2. Lasercyn Dermal Spray
3. Bioderma Sebium Hydra moisturizer
4. Z*Roc Mattifying Sunscreen

*All products can be purchased in office before or the same day as your treatment. These products are highly recommended for the best outcome while healing.