

# Skin Rejuvenation IPL

## Fact Sheet

### What is Skin Rejuvenation with IPL?

Skin Rejuvenation with Intense Pulsed Light™ (IPL) skin treatments using the photo rejuvenation process represents a breakthrough in age-defying skin care. This technique treats skin damage non-invasively—there is no disruption of the skin's epidermal surface. IPL treatments address the effects of photo aging and sun damage with low risk of complications and no recovery time. Pulses of light are applied to the skin. This light is then absorbed by the skin creating warmth. Irregularities such as pigment marks, small veins, or clusters of veins will naturally absorb a lot more light, therefore become a lot warmer than the healthy surrounding skin tissue and will gradually die and fade away.

### What conditions does Skin Rejuvenation with IPL treat?

The effect of warming the skin and the deeper layers of collagen is that the skin will be stimulated to function more efficiently, therefore producing a firmer, fresher complexion, reducing pore size and evening out skin texture, tone, and color. In summary, expected results include some or all of the following:

- Elimination or reduction of small capillaries or redness.
- Elimination or reduction of pigmentation and discoloration.
- Improved firmness to the skin.
- Reduction in pore size.
- Reduction of fine lines.
- General improvement of texture and tone of the skin.



### Who is a candidate for IPL treatments?

Anyone who wants younger looking skin! A full consultation will be carried out in private with a nurse/medical aesthetician. Your suitability will be assessed followed by a treatment plan to suit your individual needs. The consultation provides you with the opportunity to ask any questions you may have.

### How many treatments are recommended?

Treatment is usually recommended as a series of 3 to 6 procedures (depending on your skin condition) approximately 3 or 4 weeks apart. Each treatment takes about 30 to 45 minutes.

### Why is a series of treatments recommended?

By dividing the program into several treatments, the procedure provides gradual improvement with very low risk. There is also very little and often no 'down time' compared with the recovery time needed with more aggressive treatments such as laser skin resurfacing. IPL is a light treatment and not a laser.

### How long will the results last?

After completing the recommended treatment course we find that for prominent veins and pigments the results are often permanent. The more subtle rejuvenating results are very long lasting. However, since our skin is constantly exposed to the environment, UV rays, etc., anyone wishing to obtain the optimum result longer term may wish to have 1 or 2 "maintenance" IPL treatments each year.



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### What does the treatment feel like?

A cool gel is applied to the area to be treated. Then, the smooth glass surface of the hand piece is placed onto the gel and the pulses of light are applied. You may feel a slight sting, like the snapping of a small elastic band. A mild warm tingling sensation may remain for 1 hour or more after the treatment where a cool pack or other cooling preparation may be used to provide relief. Most people find they can apply make-up almost immediately after treatment.

### Can I have other treatments if I am having IPL?

This will depend on the type of treatment you are thinking of having and you will be advised during your consultation. However, it is often recommended to include other types of treatment into your IPL treatments to achieve optimal results.

### What should I expect Before Treatment?

1. If you have recently been in the sun or on a sun bed you will need to wait at least 4 to 6 weeks before having IPL. It is important you avoid exposure to the sun and sun beds for 4 to 6 weeks after treatment.
2. A commitment to stay out of the sun is necessary because treating tanned skin increases the possibility of unwanted side effects such as burning and pigment (color) changes. If you are planning a vacation in the sun we can help you plan your treatments around your vacation.
3. If you are pregnant it is advisable to wait until after you have had the baby before considering IPL treatment.
4. If you are using or have used Accutane you must have finished this medication for at least 6 months before IPL treatment.



### What should I expect After Treatment?

1. In most cases this treatment has very little or no 'down time'. This means you may be treated during your lunch break with very slight or no visible evidence of treatment.
2. Immediately after treatment you may notice a mild warmth and tingling sensation. This is normal and usually subsides after a couple hours. This can be eased by using cool compresses or Aloe Vera gel.
3. Mineral make-up is preferable after skin treatments and can be carefully applied, providing the skin is not sensitive. Mineral make-up can also serve to protect the skin from sun exposure.
4. Skin that has been treated should be handled gently for a few days. Avoid rubbing or scrubbing the skin and avoid exposing it to additional heat or friction such as hot showers, baths, steam rooms, saunas, and hairdryers.
5. Avoid planning heavy exercise for up to 2 days after treatment, to prevent the skin from sweating and causing redness.
6. Use of a medical grade UVA/UVB sun block (min. SPF 30) for 4 weeks after treatment is recommended.

### How do I book treatment?

Call Rejuvenate! Med Spa today at 866.594.5476 for a free consultation. We will then arrange a treatment session that seamlessly fits into your schedule.



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