

IPL: Permanent Hair Reduction

What is IPL and how does it work?

Intense Pulsed Light is a treatment that uses light to absorb melanin (the dark pigment in your hair and skin) and haemoglobin (the red colour in your blood vessels). This light converts to heat, which damages the target cells without disrupting the skin's surface. This is used as a non-invasive treatment for unwanted hair and many skin conditions.

What can IPL treat?

- . Flat, benign pigmented lesions (freckles, sunspots and general pigmentation)
- . Facial vascular lesions (spider veins, red spots and broken capillaries)
- . Diffuse redness, rosacea and red scarring
- . Poikiloderma (redness, pigmentation and a spotty look to the neck and/or décolletage)
- . Unwanted dark facial and body hair
- . Uneven skin colouring
- . Sun damage

Contraindications (reasons why IPL may not be suitable for you)

- . Recent sunburn
- . Unprotected sun exposure or solarium use 4 weeks prior to treatment
- . Pregnancy
- . History of seizures
- . Severe dermatitis or eczema (within the treatment area)
- . Active infections
- . Roaccutane use in the last 6 months
- . Herpes 1 or 2 (within the treatment area)
- . Very dark skin
- . Removing hair by the root e.g. waxing or tweezing 4 weeks prior to treatment (hair removal only)
- . Photo sensitising medications are best avoided

Potential Complications:

Unfortunately, there are some potential complications with IPL treatments. At Academy Facial Plastics we perform test spots within 3 days of your actual treatment, to allow an accurate evaluation of the skin's response. This significantly reduces potential complications, which include:

- . Prolonged redness and swelling lasting up to 4 days may occur.
- . Darker patches of pigment on the skin may occur a couple of weeks after treatment. This can last from 2 weeks up to 1 year. However there is a special cream we can use to reduce the pigment. You are more at risk of this occurring if you have a darker skin type. (this is not the immediate darkening of pigment we expect when treating pigmentation).
- . Whiter patches on the skin can occur. This can last 2 weeks up to 1 year though also has the potential to be permanent. You are more at risk of this occurring if you have a darker skin type.
- . Blistering rarely occurs and will usually settle within 2 hours with application of ice. If you do get a blister, it is important that you don't pick it as it may leave a scar.

How will my skin react after the IPL treatment?

- . Most patients will experience a sunburn like sensation that lasts 2 to 5 hours and is often associated with mild to moderate redness. The treated area is generally sensitive to heat for 2 days following treatment.
 - . After hair removal the skin may appear spotty - this is inflammation caused from the heat absorbed in the hair follicle and can last 2 to 24 hours.
 - . After treatment of pigmented lesions the lesion will go darker sometimes almost black, then will fall off within 7 to 28
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days (depending on the area of the body) or it will just gradually fade.

. After treatment of vascular lesions they will either disappear immediately or appear grey or purplish in colour. Diffuse redness immediately appears a lot redder then gradually lightens within 2-3 weeks. Vascular treatments generally require 3 weekly treatments for best results.

Pre and Post treatment recommendations:

Pre treatment

- . Discontinue sun exposure 4 weeks prior to your treatment.
- . Do not use fake tan 1-2 weeks prior to your treatment.
- . Use an SPF 30 daily.
- . If having IPL hair removal, do not wax, tweeze or pluck the hair for 4 weeks prior to your treatment.
- . Shaving or depilatory creams are fine and you will need to shave the treatment site before your IPL session.
- . If you have a history of herpes close to the area being treated, it is recommended that you take antiviral medication before the treatment. (This will be available from the chemist).

Post treatment

- . A sunburn-like sensation is expected for about 2-5 hours after the treatment. If this is uncomfortable apply cold compresses or ice to the treated area.
- . Your skin may be temperature sensitive for the following 2 days, so do not use very hot water or your shower or bath.
- . Please protect you skin from the sun!
- . Do not exfoliate the skin for 1 week after the treatment.
- . Your skin may be more sensitive to certain skin care products so please use the products provided to you.
- . Do not pick blisters or skin crusting as this may lead to a scar!
- . If you have any questions or concerns, please call the sales man.

Expected Hair Reduction

Hair grows in 3 phases. IPL can only treat the hair within one of these phases called anagen. This is when the hair is growing and there are actively dividing cells in the hair follicle.

At any given time, there is only a certain percentage of hair in anagen. This is why IPL must be performed over a number of sessions with a certain time span between treatments to achieve the best result. However, we can only achieve approximately 70% to 90% hair reduction, no IPL system can achieve 100% hair removal though what is remaining is generally lighter and finer.

The number of sessions required depends on your hair and skin colour and how your body responds to the treatments. The following is used as a guide only.

Hair Colour	Skin Colour	Estimated Number of Sessions
Dark	I, II and III	4 - 6 sessions
Medium	I, II and III	5 - 7 sessions
Light	I, II and III	8 -10 sessions
Dark	IV	6 - 8 sessions

Medium	IV	8 - 10 sessions
Light/Grey/Red hair	Any skin colour	IPL is not effective

Time span between treatments

The length of time the hair is in anagen phase will differ on each region of the body. This determines the ideal time between each treatment session.

Region	Time Between Sessions
Face	4-6 weeks
Bikini	4-6 weeks
Under Arms	4-6 weeks
Arms	4-6 weeks
Legs	4-6 weeks
Back	4-6 weeks

After IPL hair removal

- . The hair will appear to grow (though very slowly) for 2 to 4 weeks and should then fall out; this is the treated hair being pushed out of the follicle, not new growth. Any hair that does not fall out was either too fine, too light, too deeply rooted or possibly wasn't treated.
- . After the hair falls out you should have a hair free period for approximately 3 to 6 weeks.
- . New growth will appear, though there will be a certain percentage of hairs that don't grow back. This percentage will increase with each session.
- . Between treatments, growth can be shaved but not waxed or tweezed.

IPL: Photo Rejuvenation

Photo-rejuvenation information

Treatment of benign pigmented lesions generally requires 1-3 treatments performed approximately every 7-28 days or once all the darkened cells have sloughed off. A 70-90% reduction of pigmentation can be expected. Recommended skin care and strict sun protection help to maintain the results for much longer. Visible improvements are seen with each treatment.

Region	Time Between Sessions
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Face	7-10 days
Neck	2 weeks
Décolletage	2 weeks
Arms	3-4 weeks
Hands	3-4 weeks
Back	3-4 weeks

Vascular lesions or diffuse redness generally requires 3-4 treatments at weekly intervals to achieve the best results. This is so we can progressively destroy the vessels without damaging the surrounding skin. Best results are seen 3 weeks after the last treatment.

Photo-rejuvenation treatments will also stimulate the production of collagen. Many patients find that their skin feels firmer, smoother and looks clearer after a course of treatments.
