

SELECTSKIN MD

IPL/ ResurFX POST-TREATMENT CARE

IPL will pick up pigmentation and vascular lesions which will turn darker and fade after a week and up to three weeks. It can take up to 3+ treatments to achieve desired results.

With the **Lumenis ResurFX** treatment you will be red and swollen; it can take 24-48 hours for swelling and redness to subside. Swelling is a good sign, it means the thermal energy of the laser has targeted that collagen and elastin layer.

With **Both** the **IPL and ResurFX Treatments** it can feel like a mild to medium sunburn depending on the depth and how much pigmentation the treatments picked up. You may use cold ice packs and take a pain reliever for discomfort.

What you should do after IPL or a ResurFX Treatment

- Exercise should be avoided for 24-48 hours post treatment
- Hot baths are not advised for 24 hours. Quick warm/cool showers are recommended
- If the skin is broken or a blister appears, apply an antibiotic ointment and have the patient notify the office. The area should be kept lubricated to prevent crusting or scabbing of tissue.
- Cold packs, aloe vera or any other cooling preparation may be used for temporary discomfort.
- Prolonged sun exposure is to be avoided for 4 weeks before and after treatment.
- Discontinue use of skin care products with Actives (Retin A, Glycolic, Salicylic, Lactic) for up to 7-10 days post treatment.
- A total sun block should be applied Elta MD or IS Clinical SPF 50
- The first few days use IS Clinical Shield Recovery Balm and/or LRS Serum
- If further treatment is needed a commitment to stay out of the sun is necessary.
- Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation).
- Make-up can be applied as long as the skin is not broken. Make-up can also serve to protect the skin from the sun.

Immediately report any worsening or persistent symptoms or side effects to your physician

SELECTSKIN MD IPL CONSENT FORM

I, _____, have read the following informed consent.
(Print name)

Photo rejuvenation/IPL therapy intends to treat benign vascular and pigmented skin conditions to lighten, fade, improve or remove unwanted blood vessels, freckles, birthmarks, fine lines, uneven skin tone or texture. The wavelength, exposure and duration and energy level are chosen to selectively damage targeted blood vessels with minimum damage to the surrounding tissue. The Intense pulsed light energy is absorbed by the body and the lesions are rendered invisible. Heat stimulated in the underlying dermis promotes collagen production that may reduce mild lines and wrinkles. It generally takes 3-5 treatments, usually one every three to six weeks.

I, _____, authorize Katy Jankauskas, Laser Tech/Alyssa Ostby P.A/ Charlene Moore P.A to perform a procedure on myself known as IPL/Photorejuvenation.

Initial

_____ I have notified the treating clinician that my skin reacts in the following way when exposed to sun, WITHOUT PROTECTION, for about 1 hour(Please Circle):

Always burns-never tans Always burns-Sometimes tans Sometimes burns
Sometimes tans Always tans

_____ I consider myself (please circle): Caucasian Asian Hispanic
Mediterranean Middle Eastern Black Other:_____

_____ I have notified my treating clinician that I have one or more of the following relative contraindications for IPL (please circle) Diabetes Bleeding Disorder

Keloid Scarring Pregnancy Taking Coumadin Lip or Brow tattoo

_____ I have never used Accutane, Isotretinoin, Amnestein, Clarabis, or have discontinued its use for the past 6 months prior to beginning IPL

_____ I **HAVE NOT** been exposed to the sun or tanned in a tanning booth for at least 4 weeks, and I am not using Self Tanners or Bronzers.

_____ I understand that I must avoid sun exposure during my treatment course and it is recommended that I continue sun avoidance of sun exposure following treatment to maintain best results.

_____ I understand that a IPL/PhotoFacial is a series of at least 3-5 treatments at a 3-6 week intervals. However, sometimes more than 5 treatments are needed, and I may require follow up treatments.

_____ Photorejuvenation is generally considered to be a cosmetic procedure and not covered by insurance.

_____ There is a possibility of side effects such as discoloration of the skin, either excessive or lightened coloration. Temporary or permanent, partial or complete hair loss (moustache and beard area) , short term effects such as reddening, mild burning, bruising, blistering or swelling of the skin are possible. These side effects have been fully explained to me. Additionally, there may be other unforeseen adverse reactions not mentioned above. As I go through a series of IPL treatments, the results may at first appear in a striped or random pattern, but blend with subsequent treatments.

_____ For IPL/Photorejuvenation to be optimally successful, I accept responsibility in complying with the skin care instructions provided and discussed.

_____ Photographs will be taken to monitor my progress and may or may not be used for publication and or teaching purposes. Should they be used in public, all measures will be taken to guard my identity and maintain confidentiality. I will/ will not (please circle) grant permission for use of my photograph's _____ initial.

_____ Clinical results of IPL/Photorejuvenation therapy vary from patient to patient and my treating clinician can make no guarantees regarding treatment outcomes or avoidance of complications.

_____ I have been given a copy of my post treatment instructions and I understand them completely.

I certify that I have read this form, or that it was read to me, and that I fully understand it. I certify that I have had an opportunity to ask questions about my treatment and those questions have been answered to my satisfaction. The marks and signature below is mine.

Signature

date

Witness

IPL Treatments-How many, How often and why??

To get the very best results from IPL therapy, we recommend that our patients do **3-5 IPL (intense pulsed light) treatments, performed 4 weeks apart.**

Why 3-5 treatments? Because each treatment builds upon the next one and allows us to treat your skin gradually to see how you will react. With the IPL machine we have (Lumenis M22) we are able to toggle the settings to reach pigmentation and blood vessels at different depths of skin, so that with each treatment we are able to target a specific area.

Why 4 weeks apart? Because skin cells turn over about every 30 days or so, so we want to give the skin enough time to recover and return to its normal state before we treat it again.

Spacing the treatments out too far apart leads to issues with patients not completing their IPL series, and people have a tendency to forget what their skin looked like when we started (but of course we have photos to present to you to show your results). IPL treatments work on both brown and red areas of the skin.

Brown spots on the skin (known as “sun spots” or “age spots”) occur because under the skin there are cells called **melanocytes** (melan= pigment, cytes= cells). As their name implies, these cells have the potential to cause pigmentation on the skin, and things like age and chronic sun exposure cause these melanocytes to produce pigment.

When we “zap” the skin during IPL treatments, we are treating the pigment that is on the surface of the skin, but it does not treat the underlying cause, which is the presence of melanocytes. You cannot remove these cells unless you have them cut out, which would essentially cause a scar, which is not an acceptable alternative to having a brown spot!

IPL helps treat these brown spots by selectively heating up the pigment (but leaving the surrounding tissue alone and unharmed), then lifting that heated, “damaged” area to the surface of the skin where it is removed by the body’s natural exfoliation process. The brown spots that have been effectively treated typically will get darker initially over the next 24 hours, then slowly fade away over the next 1-2 weeks

Red areas on the face typically are caused by vascular issues, meaning they are little blood vessels are visible on the surface on the skin, though not necessarily a “**broken capillary**” as many people call them. These vascular areas can be caused by genetics, aging, lifestyle choices (sun, smoking, alcohol use), or trauma to the skin (this includes picking at the skin!).

Rosacea is a skin condition that can cause redness in the skin, and when you look closely you may see tiny little blood vessels present just under the surface of the skin. While rosacea is a chronic skin condition, IPL can help improve the redness associated with it.

IPL works on blood vessels by heating up the red blood cells within the vessel, causing them to coagulate microscopically and preventing blood from flowing through that tiny vessel. This is not harmful to the body (like a deep vein blood clot would be) because the blood will end up flowing through a neighboring blood vessel instead of the one that has been treated. It can take up to a month for the redness in the treated area to improve, and it may appear slightly darker or more purple in color as it is healing.

Patients often ask “**Are the results from IPL permanent?**” and the answer is “**Yes and no.**” We are constantly aging, and even despite our best attempts at sun protection, most of us still get incidental sun exposure throughout the year. Treated brown spots can return if whatever caused them in the first place (sun, age) recurs.

For that reason, we recommend completing a **series of 3-5 treatments**, and then getting a “**touch up**” treatment **once a year in the winter** to remove some of the signs of sun damage and aging that they may have accumulated over the past year.

Sometimes a specific brown spot that resolved with IPL treatment may come back months or years later. This does not mean the treatment did not work, but rather, the treatment worked and the spot returned due to aging and lifestyle factors, and it should respond well to another treatment.

IPL treatments work very well to reduce and remove brown and red spots on the skin and create an overall better complexion. However, as this treatment has “**minimal or no downtime**”, it is necessary to do 3-5 treatments to achieve the very best results.

Staying out of the sun for at least 2 weeks before and after the treatment is an absolute requirement so as to avoid any adverse reaction related to the treatment, which is why we generally advise patients start their treatment series in the fall or winter so that they are done before summer and can be well-protected from excess sun exposure.