

IPL Photorejuvenation is the most effective light modality that addresses the tone and texture of the skin, reducing the brown pigmentation and redness that create a dull, aged complexion for skin types up to Fitzpatrick Type 4. IPL Photofacial is the most popular laser treatment for the face in the world and is popular as a quick treatment that brightens the skin, with no time off work required. The Elos technology utilizes radiofrequency energy as well as light to reduce redness and brown spots on the skin, making it safer for darker skin types and providing better improvement of deeper pigment in the skin.

## BENEFITS

- No-downtime treatment to address redness and brown spots
- Any area of the body can be treated.
- Even out skin tone to produce radiant skin
- Calm the red skin of rosacea

## HOW IT WORKS

IPL is a treatment that delivers pulses of light to the target areas, such as brown pigment and red cells in the skin. This light is converted to heat energy, which fades those specific targets, resulting in a more even, and brighter complexion with less discoloration. IPL Photorejuvenation has been performed at UAB for over 8 years, and there are many studies demonstrating its antiaging benefits. Individuals who have had IPL treatments once or twice a year over a decade have healthier, more radiant skin with fewer cases of skin cancer compared to those who do not have these treatments.

## WHAT TO EXPECT

Most patients tolerate the treatment without comfort measures. However, a numbing cream can be applied before if desired. The sensation can be likened to snapping a hot rubber band on the skin. Occasionally patients can experience slight blotchiness and perhaps some mild puffiness that will subside over the next 12 hours. Patients may find that their freckles and brown spots are more defined immediately following the treatment, as they are drawn to the surface, but they fade over several days. Repeated treatments result in brighter, more even toned, younger looking skin.

## WHEN TO RESUME NORMAL ACTIVITIES

You may resume your normal activities immediately following the procedure, including applying makeup.

## RESULTS

Over the week following the treatment, the skin takes on a younger, more refreshed look, with less pigmentation.

## RECOMMENDED SESSIONS

We recommend 3 sessions one month apart, with maintenance every 6-12 months, and this treatment can be paired with dermaplaning, Hydrafacial, or a light chemical peel to remove the dead surface layer prior to the IPL treatment. This ensures optimal light absorption.

## POSSIBLE DOWNTIME

- Possible swelling around the treated area for 12 - 24 hours
- Enhanced pigmentation resembling coffee grounds that can last up to 10 days

## POST-TREATMENT CARE

- Wear sunscreen and avoid sun exposure to reduce recurrence of pigmentation
- On day 4, you may do a light exfoliation with a Clarisonic brush or washcloth