

What is a Photofacial (IPL)?

IPL is an intense pulsed light treatment used to improve your skin's appearance, quickly and easily. Specialized pulses target brown spots, sun damage and vessels without harming the surrounding skin. The light delivered to your skin causes them to slowly disappear through your body's natural healing process

What are the benefits of a Photofacial (IPL)?

Optimal results are seen after a series of treatments

- Minimize sun damage, freckles, age spots, birthmarks, vessels
- 30-minute procedure
- Results may be seen after one treatment
- Low discomfort
- Minimal to no downtime
- May resume normal activities right after

Pre-Treatment Care

Prep the skin using the recommended Environ system for optimal results

- We recommend you have a skin check within 12 months prior to treatment
- Discontinue any treatment topicals and prescription medications as directed _____
- No sun exposure, tanning beds, and sunless tanning cream for 4-6 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications
- Use a broad-spectrum UVA/UVB mineral sunscreen with an SPF 30+. We recommend EltaMD/Alastin/Brush on Block. Apply to the treated area every 2 hours when exposed to the sun
- Remove all makeup, creams or oils prior to treatment

What can I expect during and after treatment?

The intensity and duration of your side effects depends on the level of treatment and your individual healing characteristics

- The sensation of light is sometimes bright and uncomfortable. It may feel like a moderate to severe pinprick or flash of heat
- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours
- Mild swelling and/or redness may accompany this, but it is usually resolved within 3 days. Do not be alarmed if you experience puffiness around the eyes and "chipmunk" swelling in the cheeks. To minimize swelling, sleep elevated the night after the treatment
- Pigmentation may initially look raised and/or darker with a reddened perimeter. The lesions will gradually turn darker over the next 24 hours. The lesion will progress to crusting, and then it will be naturally shed by the skin in an average of 7-14 days
- The vessels may undergo immediate fraying or blanching, or they may exhibit a slight purple or red color change. The vessels will fully or partially fade in about 10-14 days

Post Treatment Care

It is advised to follow post care instructions to aid in the proper healing of the skin

- An oral, anti-inflammatory (ibuprofen such as Advil) or an analgesic (acetaminophen such as Tylenol) may be taken to reduce discomfort
- Apply wrapped ice or gel packs, if necessary, 3 hours after treatment
- Avoid Sun exposure to treated areas. Use the recommended SPF to prevent skin color changes
- Bathe and shower as usual. Treated areas may be temperature-sensitive
- Do not pick, remove, or pull at any darkened lesions as scarring may occur
- Do not push or pull-on areas where vascular lesions were treated
- Avoid Swimming, Hot tubs, Jacuzzis, and Saunas

We treat your skin.
You treat yourself.

297 Spindrift Drive
Williamsville, NY 14221
716.300.1444

- Avoid Activities that cause excessive sweating or any activity that may raise core body temperature
- Avoid aggressive scrubbing, use of exfoliants including AHA's/BHA's, and topical medications or treatments on the area for 3+ days
- Day 4: Resume recommended Environ treatment plan to maintain results

after treatment

Possible Side Effects

Sun, tanning beds, and not adhering to the post treatment instructions provided to you may increase your chance of any complications

- Prolonged itching, redness, blistering, crusting
- Bruising, purpura, swelling, scarring, acne breakouts
- Hair reduction or removal in the treated area
- Pigment changes, including hypopigmentation (lightening of the skin) or hyperpigmentation (darkening of the skin). Incidence of this occurring are higher for darker skin
- Reactivation of oral herpes virus may occur
- A flare-up of acne or formation of milia may occur. These symptoms usually resolve quickly
- IPL may make it difficult to identify skin-related diseases (e.g. skin cancer)

Contraindications

- Recent sun Exposure or use of topical tanning creams/lotions/sprays
- Any active skin condition in the treatment area, such as sores, psoriasis, eczema, and rash
- Having received treatment with light, laser, RF, or other devices in the treatment area within 2 weeks prior to treatment
- Intra-dermal or superficial sub-dermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods 2 weeks prior to treatment
- Use of Isotretinoin (Accutane®) within 6 months prior to treatment
- On photosensitive medications
- EVER had gold therapy
- Have Lupus
- On immunosuppressive drugs
- Pregnant and nursing
- Treating over tattoo or permanent makeup
- Treating over hair bearing surfaces

Consent

- I understand that multiple treatments may be necessary for optimal results
- I understand results may vary depending on skin condition, skincare regimen, and daily SPF use
- I understand, although highly unlikely, it is possible that I will not experience any noticeable result from the procedure
- Particular results cannot be guaranteed, given that each body may react differently
- I understand that sun exposure, as well as not adhering to the post treatment instructions provided to me may increase my chance of complications
- I consent to photographs being taken and used to evaluate treatment effectiveness, for medical education, training, professional publications, or sales purposes
- Before and after-treatment instructions have been discussed with me. The procedure, potential benefits and risks, alternative treatment options, and a customized skincare plan has been explained to my satisfaction
- I have read and understand all information presented to me before consenting to treatment and I have had all my questions answered

We treat your skin.
You treat yourself.

297 Spindrift Drive
Williamsville, NY 14221
716.300.1444