

IPL Combined Facial Rejuvenation

Patient Information

What is IPL Facial Rejuvenation?

IPL combined facial rejuvenation blends the very latest developments in Intense Pulsed Light (IPL) technology with a mild, exfoliating skin resurfacer and therapeutic DermaLux light treatment for maximum, triple-action collagen-boosting effect. IPL facial rejuvenation, sometimes known as IPL photofacial treatment, works to reduce the appearance of dull and dehydrated skin, skin damage, uneven skin tone and age spots.

How does the procedure work?

The Intense Pulsed Light (IPL) system emits precisely controlled, short pulses of filtered light which stimulate the fibroblast cells within the skin that produce collagen and elastin. Specific lesions such as thread veins, age spots and freckles can be precisely targeted resulting in a more uniform complexion. Combined with an exfoliating resurfacer treatment and restorative DermaLux light therapy, IPL facial rejuvenation promotes firmer, more radiant skin, with improved skin tone and texture.

Is the procedure right for me?

As every client's body, skin and goals are unique, a detailed consultation with one of our expert aesthetic therapists is essential prior to undergoing any advanced non-surgical treatment. During the consultation, your aesthetic therapist will discuss any problem areas, desired improvements, available options (including no treatment at all) and expected outcomes. A thorough medical history will be recorded, and photographs taken to document your starting point prior to treatment. Most people are suitable for treatment. Most people are suitable for treatment, except for tanned or dark-skinned individuals. Patients must wait 6 months after giving birth (if not breastfeeding) or 6 months after ceasing breastfeeding, before undergoing this procedure. This is period is necessary to allow for post-pregnancy hormones to return to a normal, consistent level.

How is the procedure carried out?

Should IPL combined facial rejuvenation be agreed upon as the most suitable form of treatment, the procedure begins with a thorough cleanse of the skin, before a mild, relaxing skin resurfacer treatment is performed to exfoliate the skin and maximise the results of the intense pulsed light. With the peel removed, protective eyewear is provided, and a thin layer of chilled gel is applied to the treatment area to guide the light into the skin.

The light applicator is placed on to the skin and a short pulse of light is released. The handpiece is then moved to the neighbouring area and the process is repeated until the entire area is treated. The chilled gel is removed, and the area cooled. The IPL facial rejuvenation procedure concludes with a DermaLux light therapy session to soothe the skin and further encourage collagen production.

Downtime, Risks and Complications

There is no downtime as such, indeed it is possible to have this treatment in a lunch break and return straight back to work. The skin may be quite red and slightly swollen after the IPL treatment, but this usually subsides quickly. A small blister may form and there can be temporary lightening or darkening of the skin. You may see a darkening of any pigmented spots, before these eventually flake off over a period of anywhere from 1-2 days up to 1-2 weeks. If you experience swelling it is usually worse on days one and two following treatment. If swelling occurs following treatment to the facial area, sleeping with your head on raised pillows will minimise its appearance. Ice packs will also help to reduce the swelling.

Results

In the months following a facial rejuvenation treatment, skin tightening should increase as new collagen is produced within the dermis. Skin will be firmer, with surface imperfections such as enlarged pores and uneven skin tone reduced. Typically, three to six treatments are required to ensure maximum results. However, small lesions may clear in just a single session. Repeat treatments usually occur at four to six-week intervals, with top up treatment sessions performed annually or bi-annually, as required.

Cost

After consultation, you will be given a price for the procedure, so that you can make an informed decision on whether you wish to proceed.

Alternative treatments

Alternative forms of treatment for vascular concerns include fractional laser skin resurfacing, medical microneedling and skin resurfacers and peels. Risks and potential complications are associated with alternative forms of treatment.

If you experience any problems or have concerns following your procedure, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Patient Pre & Post-Procedure Care Guide

Pre-Procedure Preparations

Prior to treatment, patients are advised of the following:

1 month prior to treatment

- It is a pre-condition that there should be no active suntan or fake tan in the area to be treated. Use of sunbeds or prolonged exposure to sunlight is not allowed in the month prior to treatment and SPF 30 must be used on the area between treatments. Sun tans must be left to fade completely before treatment can start. Fake tans must also be faded fully before treatment can commence.

A minimum of 72 hours prior to treatment

- Prior to undergoing the procedure, a test patch must be carried out to determine the treatment parameters and to judge how your skin might react to a full treatment. A test patch is a small trial in an area with similar hair and skin to the treatment site and allows the practitioner to assess how well the light energy is being absorbed and whether the skin is responding as would be expected. You will be asked to make a note of any redness or swelling and how long it takes to reduce following the test patch, also whether the skin blisters or feels excessively hot and for how long.

On the day of treatment

- Ensure the area to be treated is free from make-up, perfume, deodorant and body or face creams or fake tan. Regretfully, appointments abandoned due to active suntan or fake tan may be charged.
- Please arrive in good time for your appointment; this will allow us to pre-cool the skin if necessary.

Post-Procedure Instructions

Following the procedure, patients are advised to:

0-12 hours after treatment

- Refrain from wearing make-up, provided skin are the treatment site is not sore or broken.
- The treatment area may be cooled at home using an icepack, packaged in a clean plastic bag, and wrapped in a soft cloth before being applied to the skin. Ice packs should never be applied directly to the skin.
- If blistering occurs, contact the clinic immediately for further advice.

0-7 days after treatment

- Refrain from rubbing or massaging the treatment area; cleanse gently as required
- Keep the area clean and dry and allow to heal naturally. Do not use any lotions or creams on open skin unless advised by your therapist, as this may increase the risk of infection.
- Do not pick grazes or blisters- as this may increase the chance of a scar occurring.
- Avoid saunas, steam rooms or any other source of excessive heat
- Avoid vigorous exercise

0-1 month after treatment

- *Use a sunscreen (SPF 30+) and protect the area from sunlight as much as possible between treatments and for at least one month after treatment ends. Failure to do this can lead to sunburn and hyper-pigmentation of the treated area. (Most cases of changes in pigmentation occur when the treated area has been exposed to sunlight or in people with darker skin types).*

0-12 months after treatment

- Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.

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