

IPL for Vascular Concerns & Pigmentation

Patient Information

What is IPL for Vascular Concerns & Pigmentation?

Using Intense Pulsed Light (IPL) technology, our aesthetic therapists can provide a safe and effective, long-term solution to a range of vascular and pigmentation concerns. The treatment is suitable for a variety of conditions including sundamage, liver spots, rosacea, thread veins, red veins and red spots, as well as certain unsightly leg veins.

How does the procedure work on vascular concerns?

The Intense Pulsed Light (IPL) system emits light, which is readily absorbed by blood vessels, heating them to a point where they are destroyed. Following treatment, the vessels quickly clear as they are reabsorbed by the body, leaving little or no trace of the original lesion.

How does the procedure work on pigmentation?

IPL treatment for pigmentation harnesses Intense Pulsed Light technology to remove the appearance of melanin-rich cells. The IPL system releases short pulses of filtered light that are readily absorbed by the high concentration of melanin found within freckles, sun spots and liver spots. The rapid absorption of light energy heats the melanin and causes destruction of the melanin-rich cells.

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. The best results are often achieved by clients who have fair skin, for whom there is also less risk of side effects. Patients must, however, 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 for vascular concerns or pigmentation be agreed upon as the most suitable form of treatment, the procedure begins with the application of a thin layer of chilled gel to the skin. This is to aid light absorption by the vessel or melanin within pigmented areas. The light applicator is then placed on the skin and a short pulse of light is released. The

applicator is then moved to the neighbouring area and the process is repeated until the entire area has been treated. Finally, the chilled gel is removed, and the area cooled. During treatment, protective eyewear will be provided.

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. Skin will appear red and hot to the touch immediately after treatment, the worst of which usually subsides within the hour. Skin will continue to show symptoms comparable to mild sunburn for 7-10 days post treatment with full recovery usually achieved around 2 weeks post procedure. Occasionally you may experience swelling or bruising and this can last anything 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. If your skin is particularly sensitive and prone to histamine reactions, you may also wish to consider taking an antihistamine medication, either once symptoms develop or prophylactically if you are expecting the treated area to swell.

Results

Following treatment for vascular concerns, vessels at the treatment site will clear as they are reabsorbed by the body, leaving little-to-no trace of the original lesion. In the treatment of pigmentation, skin tone will then appear more even, and your complexion will become healthier and brighter. Typically, three to six treatments are required to ensure maximum results. However certain vascular and pigmentation concerns may clear in just a single session. Repeat treatments usually occur at four to six-week intervals.

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 sclerotherapy. 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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