

# New Leaf Beauty Therapy

## Client Information Sheet for Intense Pulsed Light Systems

Intense Pulsed light (IPL) used intense pulses of light at a set frequency to heat and destroy certain elements such as hair follicles, pigmentation, or vascular discolouration. The wave length is set to target the specific treatment need. You will wear protective eye goggles during treatment.

You must not have IPL treatment if you are:

- Recently had a sun capsule tanning or spray tan (within three weeks).
- You take medication which may make you sensitive to sunlight or UV, such as Roaccutane/ Isotane (normally used to treat severe acne).
- You suffer from a disease such as lupus erythematosus or porphria, which makes you more sensitive to sunlight.

There is some discomfort associated with treatment. The amount varies with the site to be treated, hair and skin colour, and the individual. It has been described variously as being stinging, or like being snapped by an elastic band. A feeling like sunburn may last for a few hours after treatment. In some instances a topical anaesthetic (such as EMLA cream) can be used an hour before treatment to relieve symptoms of treatment. Our IPL machine has a chilled head to reduce these side effects.

### **Side Effects**

- Occasionally a bruise, crust, or blister may form which can take up to ten days to heal fully.
- There can be a change in pigmentation in the treated area; this is more common in darker skinned or suntanned people. This usually fades within five months.
- There is a very small chance of scarring.
- Immediately after treatment there can be some local inflammation of the skin which resolves within a few days.
- The treated skin can become more sensitive and you should avoid exfoliation and creams containing retinoic acid or glycolic acid during treatment.

### **Post Treatment Care**

- Sometimes the application of an icepack can reduce the effects of IPL treatments.
- Do not have a hot bath, aerobic exercise or massage for twelve hours after treatment.
- Be gentle with the treated area, do not rub, use abrasive creams, or products containing retinoic or glycolic acid.
- Protect the area from sunlight by using high quality sunscreen or clothing.
- In the unlikely event of an adverse reaction call and speak to the therapist for advice.

## **How it works**

### *Hair Removal*

IPL is attracted to melanin contained in the hair follicle. The follicle becomes heated and so killed. When the hairs are not dark it is possible to add radio frequency waves which heat the skin to around 70 deg which is sufficient to kill the hair follicle. This allows us to get good results, but over a longer time, in treating grey hairs.

Treatments are usually set about six weeks apart, but with lighter coloured hair there seems to be some positive effect in treating every three to four weeks instead. The number of treatments required will vary from individual to individual depending upon a number of factors. In general dark hair will have good results within six to ten treatments, and lighter hair in ten to fifteen treatments.

### *Pigmentation (Age spots and freckles)*

A specific filter is used to determine the light wave length that will reach to and react with pigmentation. After treatment the skin will look sunburned but this will dissipate within twenty four hours. You will notice the pigmented areas getting darker over this period, then possibly flake off, and fade away. If flaking occurs do not pick at it or exfoliate, let nature take its course for best results.

### *Skin Rejuvenation*

The IPL will diffuse redness such as rosacea, and help to effectively treat fine lines and wrinkles. This occurs by stimulating the upper dermis (layer below the top skin level) to produce collagen and elastin which helps to plump the skin. This can help to reduce normal signs of aging, sun damage and smokers wrinkles. Good results are normally seen within four to six treatments spaced a month apart.

### *Vascular capillaries and spider veins*

Clients of all skin colours can effectively treat these problem areas. A filter is used to produce a wave length of light that penetrates only very shallow into the skin to target these surface blood vessels. The heating effect of the light coagulates the blood and eventually destroys the blood vessel. The blood is reabsorbed into your body and blood flow is redirected to deeper blood vessels.

You will experience some reddening for around twenty four hours, which then subsides. Veins show significant improvement within six weeks of treatment and can continue to improve over the following month.

## **Addition of Radio Frequency**

With the advanced technology we have available we can add RF to IPL. The RF heats the hair follicles to around 75<sup>0</sup>C which is sufficient to kill or damage all hair follicles. This allows us to treat light coloured hair, and darker coloured skin, which can not be effectively treated by IPL alone.