

Advanced Dermatology Care

Advanced Esthetics

Skin Rejuvenation

Skin rejuvenation IPL/Laser treatment is used to treat two of the most prominent signs of photoaging: **facial blood vessels / redness** (vascular irregularities), and **sun-induced brown pigmented spots**.

The medical terms for multiple, tiny blood vessels are telangiectasias (fine, red lines) or angiomas (circular, red bumps). They can occur at any age. If they appear in children or in pregnant women, the dilated blood vessels may spontaneously resolve after months to years, though they frequently persist. They can also develop in people who have had a lot of sun exposure, have fair complexions, have other family members with a similar tendency, and/or skin conditions such as Rosacea or Lupus.

Skin rejuvenation also treats **sun-induced brown spots** (pigmented irregularities) caused by sun damage and aging. The medical term for these spots is "lentigos." (A common term may include "age spots" or "liver spots", but these spots are not related to how the liver works.)

Improvements in **skin texture** such as **fine lines and rough skin** are also noticeable following a series of SR treatments.

How it works:

SR uses a combination of energies: IPL and RF. It uses Intense Pulse Light (IPL) which is classified in the laser treatment category, but is a bit different from a laser because it has more than one wavelength. It also uses Radiofrequency (RF) energies. By combining these two energy types, they work together more effectively, (synergistically), to more effectively treat both sun-induced brown pigmented spots, and vascular lesions than by using just one energy source alone. These combined energy sources specifically target the sun-damaged cells, causing directed removal of these spots and fine wrinkles. The energy also treats facial blood vessels by causing inflammation and swelling inside the center of the tiny blood vessels. This causes them to collapse and close off which prevents blood flow through them. Eventually your body will reabsorb the non-functioning blood vessels and the redness will fade.

SR permanently treats the lesions currently present. There are no treatments available that will prevent future aging and the formation of future sun-induced brown spots or facial blood vessels, so maintenance treatments are usually required to treat partially treated or new lesions. Patients with Rosacea and Melasma often need additional treatments periodically to maintain their results by treating those new occurrences.

Before treatment:

- Protect your skin with a broad spectrum sunscreen with at least a SPF 30 daily.
- Discontinue the use of self-tanning cream for one month prior to the procedure.
- If you have an active tan, we recommend you allow the tan to fade for 1- 2 weeks prior to your treatment.
- If you have a history of developing "cold sores" (herpes simplex) in the area to be treated, inform us as you may need a prescription medication to prevent its recurrence (e.g., acyclovir or famciclovir) if symptoms occur following the procedure.
- Please wash your face and remove all make-up thoroughly before your treatment.
- If you are a male, or a female with excessive facial hair please shave the treatment area prior to your treatment, as some of the light energy will be absorbed by the pigmented hairs, increasing the risk for burns, as well as decreasing the effectiveness of the treatment.

Following treatment / Results and Recovery time:

Usually only mild to moderate discomfort is experienced, and minimal post-operative care is required. Most patients feel comfortable resuming their normal activities immediately following treatment. A mild to

moderate “stinging” or “burning” sensation may be noticed in the treated areas. The larger the area treated, or the darker the pigment, the more likely this will occur. Applying ice/cold packs to the treated area at least 2-3 times daily for 5-10 minutes for 2-3 days following treatment is always routinely recommended to minimize the chance of complications from laser treatment to decrease/prevent chances of blistering and scarring, as well as for comfort. You may take plain or extra-strength acetaminophen (Tylenol) if you experience this discomfort.

Facial blood vessels will initially get slightly brighter, and the skin will look pink to red following treatment, which usually subsides over a few hours to days.

Sun spots will immediately get darker following treatment, and over the next several days will take on a “coffee ground” appearance. In 1-2 weeks these spots will gradually slough off, with improvement noted with each treatment.

The use of a broad spectrum (UVA and UVB) sunscreen of at least an SPF 30 (but 45 is recommended) as well as sun protective clothing is always recommended.

Treatment Time:

Allow approximately 60-90 minutes, depending on the area being treated.

Treatment Frequency:

For optimal results, a series of 5 treatments is recommended, scheduled at 3-4 week intervals. Lightening of pigment typically occurs 2-4 weeks post treatment. Vascular lesions fade gradually over a period of 2-6 weeks.

Who should not have Skin Rejuvenation treatment:

This procedure is not recommended for individuals who: are pregnant or nursing; are allergic to light (e.g., solar urticaria) or who have light sensitive conditions (e.g., lupus); are on light sensitizing medications (e.g., St. Johns Wort, Tetracycline, etc.); with porphyria or blood clotting disorders. Dark skinned persons may need a pre-treatment course of bleaching creams. Avoid treatment if skin is wounded, sunburned, sensitive, if a rash is present, or if there has been recent Isotretinoin treatment, chemotherapy, or radiation therapy.

To determine if you would benefit from Skin Rejuvenation treatment, please call 651-484-2724 to schedule a consultation at Advanced Esthetics.