



IPL Treatment

What to expect & how to prepare.

You have decided to rejuvenate your skin, remove pigmentation, reduce redness & reverse the signs of aging with Intense Pulsed Light or IPL. Congratulations!

As you begin your journey to a more youthful appearance, we want to explain everything you need to know to make this an exciting, enjoyable experience & be sure you know exactly what to expect as treatment progresses. Please read carefully & follow instructions strictly.

You will need to make a series of appointments with us. The IPL treatment package includes a total of 7 visits to our office, scheduled as follows:

- 1st appointment: VISIA complexion analysis and Vitalize Peel to prepare your skin for the IPL treatments (face package only).
- 2 weeks later, Product consultation and Vibraderm exfoliation treatment to prepare your skin for the IPL treatments.
- 1 week later, Vibraderm & 1st IPL Treatment
- 4 weeks later, Vibraderm & 2nd IPL Treatment
- 4 weeks later, Vibraderm & 3rd IPL Treatment
- 4 weeks later, Vibraderm & 4th IPL Treatment
- 4 weeks later, Vibraderm, 1 month follow-up pictures, skin care product consultation, and maintenance recommendations for your post-IPL new skin!

The schedule above is the ideal sequence of treatments. Depending on your individual needs, you may discuss any deviation from this schedule with your practitioner. However, we strongly recommend treatments take place as described above.

How long do treatments take?

Vibraderm appointments last about 20 minutes. IPL visits last approximately ½ hour. ***Please arrive on time***, as treatment appointments must follow a strict schedule. Once you arrive, we will begin preparation of your skin for treatments follows:

1. We will cleanse your skin first & then take a digital photo.
2. We will vibraderm the skin, which will take approximately 15 minutes.
3. We will begin IPL treatment, which will take approximately 10 minutes.
***Please note that pain tolerance and sensitivity vary widely. The majority of patients find IPL mildly to moderately uncomfortable. We may use a cooling device during treatment for your comfort. We do not advise any topical or oral medication for pain control for this procedure, as your feedback during treatment is very important.**
4. After treatment is complete, we will apply cool compresses the treated skin. Finally, we will apply Sunblock SPF 45. You may then be given an ice pack to take with you and apply to the treated area for 20 minutes after your treatment.

What will my skin look like after the treatment?

After the treatment, your skin will look and feel similar to a mild sunburn. You may experience mild swelling. This will typically subside in one to two hours, however it may take four to six hours to resolve. Any brown spots or discoloration will become darker immediately after treatment. This is expected. These spots and discolorations will flake off or fade over the next 7-14 days. Please plan your social and personal events accordingly. **We will not treat within two weeks of any important event!**

How do I care for my skin after treatment?

You will be given a skin care package with instructions for use at your first Vibraderm treatment. These products are specifically designed to work in combination to help your skin heal quickly & protect it. Please see the product instructions for proper use.

Please review ingredients of all products in the package & alert us if you have any allergy or sensitivity to ANY of the ingredients.

The products given to you in this skin care package should last for the entire IPL treatment package. If you do run out of any products, please let us know & you may purchase additional products at any time.

Lastly, welcome to our practice. Please let us know if there is anything we can do to make your experience the best it can be!