

The Face Bar aesthetics

IPL Skin Correction

What is IPL Skin Correction?

IPL (Intense Pulsed Light) Skin Correction is a non-invasive treatment that uses light energy to target various skin concerns by stimulating the skin's natural healing processes. It can effectively address pigmentation, sun damage, redness, rosacea, and uneven skin tone.

How Does It Work?

IPL emits multiple wavelengths of light that penetrate the skin, targeting pigment or blood vessels without damaging surrounding tissue. The light converts to heat, breaking down unwanted pigmentation or coagulating blood vessels to reduce redness. Over time, the skin appears clearer, brighter, and more even.

Benefits:

- Reduces pigmentation, sun spots, and freckles
- Improves skin tone and texture
- Minimises redness and rosacea
- Stimulates collagen production for a more youthful appearance

Treatment Types:

1. **Acne Management:** IPL targets acne-causing bacteria (*Propionibacterium acnes*) and reduces inflammation. The light also helps regulate sebum production, minimising future breakouts and improving skin texture. The heat from the light reduces sebaceous gland activity, resulting in less oil production and a significant reduction in active acne lesions.
2. **Photo-rejuvenation:** This treatment addresses sun damage, age spots, fine lines, and dull skin by stimulating collagen production and breaking down pigmented areas for a brighter, even-toned complexion. The light energy penetrates the dermis, promoting cellular regeneration and increasing elastin fibres for a firmer, smoother skin texture.
3. **Pigmentation Treatment:** IPL targets melanin deposits responsible for hyperpigmentation, sunspots, and freckles. The pigmented areas initially darken and then naturally shed, revealing clearer skin. The light energy selectively breaks down excess melanin while leaving surrounding tissue unaffected, helping to restore a more even skin tone.

4. **Vascular Treatment:** IPL reduces the appearance of broken capillaries, spider veins, and rosacea by coagulating the blood vessels, which are then absorbed by the body over time. The light targets haemoglobin within the blood vessels, causing them to collapse and eventually be reabsorbed by the body, significantly reducing redness and vascular lesions.

Treatment Frequency

Results are often noticeable after one session, but a series of 3-6 treatments spaced 4 weeks apart is typically recommended for optimal results. Maintenance sessions may be required annually.

Does It Hurt?

Clients often describe the sensation as a quick snap, like a rubber band on the skin. The treatment is generally well-tolerated.

What to Expect During and After Treatment

During Treatment:

- Mild to moderate heat and discomfort, often described as a "rubber band flick" sensation.

Immediately After to 5 Days Post-Treatment:

- A sunburn-like feeling.
- Itchy or dry skin.
- Blanching or darkening of vascular lesions (for vascular treatments).
- Darkening of pigmented lesions (for pigmentation treatments).

After 2 Weeks:

- Pigmented lesions will start to slough off and fade. Full results are typically visible within 2 to 4 weeks, though this may vary depending on individual skin response. Avoid picking to prevent complications.
- Vascular lesions will darken initially, then begin to fade.

Post-Treatment Care

First 24 Hours (or until redness/swelling subsides):

1. Apply chilled aloe vera or post-laser gel up to three times a day.
2. Use a cold compress every hour for 5-10 minutes to soothe the skin. (Avoid applying ice directly.)
3. Refrain from exercise or activities that raise body temperature.
4. Avoid pools, spas, and saunas.
5. Skip hot showers and baths.
6. Do not apply deodorant to the treated area.

Up to 5 Days Post-Treatment:

1. Avoid scented lotions and soaps.
2. Do not use cosmeceutical Vitamin A, AHAs, BHAs, or Vitamin C.
3. Continue using chilled aloe vera or post-laser gel as needed.

1 to 4 Weeks Post-Treatment:

1. Avoid muscle relaxant or filler injections in the treated area (for at least 1 week).
2. Do not use prescription-strength exfoliant creams (e.g., Retin-A) for 2 weeks.
3. After 2 weeks, gently exfoliate with a loofah, mitt, or mild exfoliant. Avoid early use of these products to prevent inflammation.
4. For IPL pigmentation treatments, wait 2 weeks or until micro crusting has healed.

Factors to Inform Us About:

- Recent sun exposure or tanning within the past 4 weeks.
- Health conditions or recent illness.
- New medications (even short-term ones).
- Changes in supplements.
- Pregnancy or plans to become pregnant.

Pre-Treatment Preparation

Daily:

- Apply sunscreen (SPF 30+) to protect against UV damage and maintain skin health.

8 Weeks Before Treatment:

- Avoid hair removal methods like waxing, plucking, threading, depilatory creams, or electrolysis.

4 Weeks Before Treatment:

- Avoid fake tan products and gradual tanning creams.
- Avoid tanning beds and incidental sun exposure (cover skin if outdoors).
- Avoid filler injections.

2 Weeks Before Treatment:

- Use skin-appropriate skincare (e.g., tyrosinase inhibitor for Fitzpatrick Skin Types III+).
- Avoid prescription-strength exfoliants (e.g., Retin-A).
- Avoid muscle relaxant injections.

1 Week Before Treatment:

- Avoid benzoyl peroxide on the treatment area.
- If prone to cold sores, consult your pharmacist about antiviral medication.

3 Days Before Treatment:

- Stop using Vitamin A, AHAs, BHAs, and Vitamin C.

1 Day Before Treatment:

- Shave the treatment area thoroughly.