



ADVANCED SPECIALTY CARE, P.C.

WHAT TO EXPECT WHEN HAVING AN **IPL SESSION**



The background of the page is a close-up, slightly blurred image of a person's face, focusing on the eyes and forehead. A large, semi-transparent teal rectangle is positioned in the upper half of the image, serving as a backdrop for the title. The title text is white, with the words 'WHAT TO EXPECT WHEN HAVING AN' in a standard sans-serif font, and 'IPL SESSION' in a larger, bold, sans-serif font.

WHAT TO EXPECT WHEN HAVING AN **IPL SESSION**

You're thinking about getting IPL (Intense Pulsed Light) for a skin issue. IPL is a non-laser, light source that delivers a pulse of different wavelengths of light to your skin that targets pigmentation (melanin) and blood vessels (hemoglobin). IPL can be used for many different skin concerns, including acne, rosacea, and brown spots from the sun. The treatment has been used in the field of dermatology for more than 10 years and is widely considered safe and effective for the skin. Below is an overview of what to expect from your consultation, your treatment, as well as pre and post-treatment considerations.



PREPARING FOR YOUR TREATMENT

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Your Consultation

When you meet your provider for a consultation, there are several important questions they will ask you to ensure that they tailor the IPL sessions to your skin type and sensitivities. Be prepared to answer questions about the following.

PREPARING FOR YOUR TREATMENT

Medications and Topicals

During your consultation, it's important to let your provider know about any oral and topical medications you are currently using as well as any over-the-counter medicines, supplements, creams and lotions, including, but not limited to:

- Blood thinners
- Aspirin
- Ibuprofen
- Medications that make you sun sensitive such as Doxycycline
- Retinol
- Hydroquinone

Blood thinners, aspirin and ibuprofen can increase the possibility of bruising from the treatment so you'll be asked to avoid taking these prior to your IPL session.

Photosensitive medications and creams such as doxycycline and retinol should also be discontinued one week prior to your treatment.

PREPARING FOR YOUR TREATMENT

Skin Type and Sensitivity

During your consultation, discuss any skin conditions, autoimmune problems or other medical issues with your provider.

You will need to avoid sun exposure 4 weeks before and 4 weeks after your IPL treatments to avoid tanned skin, which can cause hypopigmentation.



DURING YOUR TREATMENT





DURING YOUR TREATMENT

Before your session, let your provider know about any changes in medications or topicals and any rashes and abnormalities or reactions. When in doubt, call prior to your session and ask to speak with a nurse or esthetician.

During treatment, your eyes will be covered and a protective layer of ultrasound gel will be applied to your skin. The tip of the IPL handpiece will be placed onto your skin over the treatment area and a light will be pulsed through.

Depending on the condition being treated, multiple appointments may be needed and are done 4-6 weeks apart. The treatment takes approximately 20 minutes per area. If you're having multiple areas treated during each session, you can expect this to be more than 20 minutes.

POST TREATMENT



POST TREATMENT

What To Expect

Your skin may become red and swollen for an hour to a few days after treatment. This is a normal response and can be reduced by applying a cold compress or ice pack for the first 24 hours after treatment.

Freckles and sun spots may initially become darker and then scab, crust and flake off. This is normal and expected. A topical antibiotic ointment may be ordered by your provider and should be used as directed.

While uncommon and very rare, if your skin blisters or becomes painful, you should call your provider immediately.

A woman's face is shown in profile, looking down. The image is overlaid with a semi-transparent teal color. A dark blue horizontal banner is positioned across the upper part of the image, containing the text 'POST TREATMENT' in white, uppercase letters.

POST TREATMENT

Steps To Take

Sunscreen should be applied before you leave your appointment. If you don't have sunscreen with you, please let your provider know.

Makeup can be applied immediately following treatment and gentle skin care can resume the same day. Exfoliants, aggressive cleansers and scrubs should be avoided.

ADVANCED SPECIALTY CARE DERMATOLOGY, SKINCARE & LASER SPECIALISTS



Dr. Kenneth J. Egan, MD



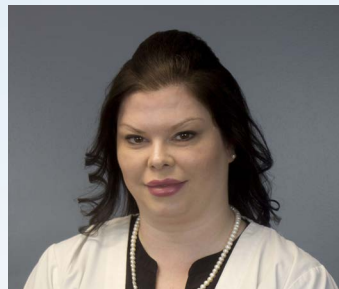
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About Advanced Dermatology and Skincare & Laser Services

Advanced Dermatology Care and Skincare & Laser dermatologist Dr. Kenneth Egan, and PA, Jessica Mangiaracina specialize in all of your family's skin care needs in general medical, surgical and cosmetic dermatology including impetigo, acne, skin cancer, eczema, warts, moles, fungal nail infections, rashes and scars. In addition, with the skilled expertise of our aestheticians, Adrienne Hance, Meghan King and Heather Colon, they provide skincare treatments such as HydraFacials, chemical peels, microneedling, intense pulse light, laser hair removal and lymphatic drainage.

Our offices are conveniently located in the Fairfield County, CT towns of Danbury, Norwalk and Ridgefield. Call **203-830-4700** for more information and/or to schedule an appointment. You can also request an appointment online at

ascdocs.com/request-appointment



ADVANCED SPECIALTY CARE, P.C.

Advanced Specialty Care is a multi-specialty practice of board-certified physician specialists offering the latest state-of-the-art technologies and techniques – all in a welcoming and caring environment. Our specialties include Allergy & Asthma, Audiology & Hearing Aids, Cosmetic & Plastic Surgery, Dermatology, Ear, Nose & Throat, General Surgery, Hand Surgery and Skincare & Laser Services. For 30+ years, we've helped tens of thousands of patients. How can we help you?

Schedule your appointment today.

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