



## Advanced Dermatology

Skin Cancer and  
Laser Surgery Center, P.C.

www.advaderm.com

### Board Certified Dermatologists

#### General Dermatology

Gregory G. Papadeas, D.O.

Steven A. Brenman, D.O.

Jamie G. Surovik, M.D.

Jennifer A. Ray, M.D.

Ryan L. Owen, D.O.

Ryan G. Gamble, M.D.

Jonathan A. Bielfield, D.O.

Dawnielle C. Endly, D.O.

Paul J. Grant, M.D.

Anne H. Hanson, D.O.

Roger I. Cellley, M.D.

#### Mohs Micrographic Surgery

James T. Chapman, M.D.

Darlene S. Johnson, M.D.

#### Dermatopathology

Sean Amsbaugh, M.D.

#### Pediatric Dermatology

Elizabeth Swanson, M.D.

#### Medical Center of Aurora

1390 South Potomac Street

Suite 124

Aurora, CO 80012

303-368-8611

303-368-9791 fax

#### Centennial

12645 East Euclid Drive

Centennial, CO 80111

303-493-1910

303-493-1915 fax

#### Evergreen Medical Center

30960 Stagecoach Blvd., Suite W140

Evergreen, CO 80439

303-670-7065

303-670-7067 fax

#### Summit County

710 Summit Blvd., Suite 102

PO Box 4005

Frisco, CO 80443

970-668-9650

970-668-9654 fax

#### Castle Rock

2352 Meadows Blvd., Suite 220

Castle Rock, CO 80109

303-493-1910

## SKIN CARE INSTRUCTIONS FOLLOWING IPL TREATMENTS

### WHAT TO EXPECT AFTER TREATMENT:

You may experience mild swelling and redness after treatment, which can be present for several days. Sometimes bruising can occur and last about one week. Temporary darkening of brown spots with subsequent sloughing is common, mild crusting of these spots can be seen and may last 1-3 days. Lightening of dark moles can result after laser treatment, as well as a decrease in hair density around the beard area.

There is a risk of cold sore (herpes simplex) reactivation after treatment on the face. If you have a history of cold sores, you should be on anti-viral medication for 5 days following the procedure. Please call our office if you do not have an active prescription.

### SKIN CARE:

A gentle cleanser should be used on your face for the next 3-5 days. Take care not to be rough with your skin, use fingertips only to apply cleansers, lotions and makeup. Cool compresses can be used as often as needed to relieve discomfort. You should minimize application of fragranced products and anti-wrinkle treatments such as retinoids, glycolic acids, salicylic acids, and etc. to your face for at least 3 days after the procedure. Use moisturizers with sunscreens that are designed for sensitive skin.

If you should develop blisters, soak the affected area with cool compresses made with water and white vinegar (1 teaspoon of vinegar to a cup of water) for 5 to 10 minutes, followed by application of petroleum jelly or Aquaphor. This will prevent a scab from forming which can delay healing. Do this 3 times a day. Please call our office should this occur.

### EXERCISE:

Activities that make your face flush during the first 24 to 48 hours after treatment should be avoided. Take care to exercise in a cool environment and out of direct sunlight.

### SUN EXPOSURE:

*Be sun smart.* Use an SPF of 30 or higher everyday and stay out of the sun. Wear wide brimmed hats and scarves (if applicable) for at least one week after treatment. Sun exposure after treatment may enhance pigment regeneration, which may result in blotchiness of your skin.

Sunscreen must be used daily while undergoing treatments. It should be applied at least 3 weeks before and 3 weeks after each treatment. It must be reapplied every 60 to 90 minutes if you are planning outdoor activities.

### MAKE UP & TOPICALS:

Make up can be applied within 24 hours after treatment if you do not experience any skin breakdown. Products containing glycolic acid, Retin-A, or alpha hydroxy acids can be resumed 7 days after treatment. If you experience significant bruising, you can use heavy concealers or Dermablend makeup. Dermablend can be purchased at Foley's, JC Penney, Dillard's or Ulta 3 stores (visit [www.dermablend.com](http://www.dermablend.com)).

### OTHER ADVERSE EFFECTS:

It is rare to obtain significant blistering or infections. If you have discomfort beyond what is discussed here, please contact our office and speak to a nurse or aesthetician.

### FOLLOW-UP TREATMENTS:

Usually 3 to 5 treatments are required to obtain best results. These can be repeated 3 to 4 weeks apart. One yearly maintenance treatment can be performed to help results last longer.

*If you have any questions, please call the office at (303) 493-1910.*



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## IPL information sheet What you need to know before treatment

### What is IPL?

Intense Pulse Light (IPL) devices emit light in the visible and infrared spectrum and are used with special filters to produce wavelengths that are non-invasive. When used on the skin this light can reverse some of the signs of aging.

### What can be treated with IPL?

Superficial red vessels, mottled pigmentation and fine wrinkles are usually the result of chronic sun exposure and are termed photoaging. The process of improving the appearance of these changes with a light source such as the IPL is termed *photorejuvenation*. This can be accomplished on the face, neck, chest, arms, hands and legs. Additional benefits noted with IPL use are improvement in facial texture and a decrease in pore size. Significant deep wrinkle reduction cannot be accomplished with this device.

### How many treatments are needed?

Depending on the severity of the condition being treated, 4 to 6 treatments may be recommended. Some conditions may resolve with 1 or 2 treatments.

### What skin types can be safely treated?

Light colored individuals who sunburn easily usually respond the best to IPL treatments. Most skin types except for the very dark and very tan can be treated. There is a risk of permanent skin lightening or darkening in these darker individuals.

### How is the procedure performed?

A cold gel is applied to the skin and dark glasses will be given to you to protect your eyes from the bright light. A cold, smooth, glass handpiece is applied to the skin and light pulses are given. The sensation this produces is a sting, like the snapping of a rubber band against your skin. An anesthetic cream can be used if desired. LMX<sub>4</sub> can be purchased without a prescription in a 30-gram tube. You will need to call your pharmacy 3-4 days ahead of time and place the order. Apply the cream in a thin, but visible layer to the areas that will be treated 1 hour before the procedure. Each IPL treatment takes about 20 to 30 minutes.

### What side effects can I expect?

Usually there will be mild swelling and redness after treatment which can be present for several days. Sometimes bruising can occur and last about one week. Temporary darkening of brown spots with subsequent sloughing is common, mild crusting of these spots can be seen and may last 1-3 days. Lightening of dark moles can result after laser treatment, as well as a decrease in hair density around the beard area. There is a risk of cold sore (herpes simplex) reactivation after treatment on the face.

Infrequently, light colored areas can remain for months after treatment; this is more likely to occur in darker skinned people or in heavily tanned individuals. Very rarely, scarring can occur if the skin is broken down after treatment. Incomplete responses are possible, even after several treatments.