



IPL or LimeLight Treatment **What to Expect**

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 6 visits to our office. Each treatment plan may vary depending on each individual's needs and concerns. Appointments are typically scheduled as follows:

- 1st appointment: VISIA complexion analysis and Consultation to analyze your skin for the IPL treatments. Product consultation to prepare your skin for the IPL treatments.
- 1 week later, Microderm & 1st IPL Treatment
- 4 weeks later, Microderm & 2nd IPL Treatment
- 4 weeks later, Microderm & 3rd IPL Treatment
- 4 weeks later, Microderm & 4th IPL Treatment
- 4 weeks later, 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 Kristen M. Jacobs M.D.. However, Dr. Jacobs strongly recommends treatments take place as described above.

How long do treatments take?

Microderm appointments last about 15-20 minutes when performed before a laser treatment. IPL visits last approximately ½ hour. **Please arrive on time**, as treatment appointments must follow a strict schedule.

***Please note that pain tolerance and sensitivity vary widely. The majority of patients find IPL mildly to moderately uncomfortable. We 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.**

After treatment is complete, we will apply cool compresses the treated skin. Finally, we will apply Sunblock. It is recommended that the areas treated be iced for 20 minutes after 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 4-10 days. Please plan your social and personal events accordingly.

How do I care for my skin after treatment?

Your treatment plan should consist of Obagi and or SkinMedica products. These will have been chosen at your initial consultation and should be continued to maintain and protect your results.