



# Skin Rejuvenation

Intense Pulsed Light Skin Rejuvenation offers a solution for all the visible signs of ageing caused by sun damage, such as brown spots (pigmentation), redness (thread veins) and uneven skin texture (collagen).

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### How does Intense Pulsed Light work?

Intense Pulsed Light systems release precisely controlled short pulses of filtered light that stimulate the fibroblast cells within the skin that produce collagen and elastin. In addition, specific lesions such as thread veins, age spots and freckles can be targeted resulting in a more uniform complexion. The skin becomes firmer, appears more radiant and enlarged pores are reduced. Nd:YAG Laser may be selected to target deeper lines and to promote further collagen production.

### How is the treatment carried out?

The skin is thoroughly cleansed, and a mild relaxing skin peel, or microdermabrasion is often performed before the Intense Pulsed Light or Laser treatment to maximise the results. Exfoliating the skin to remove the top layers of dead skin leaves the skin feeling smooth and soft. A thin layer of chilled gel is applied to the area to guide the light into the skin. The light applicator is placed onto the skin and a short pulse of light is released. The handpiece is then moved to the neighbouring area and the process is repeated until the entire area is treated. The chilled gel is removed and the area cooled. During treatment protective eye wear will be provided.

### Am I suitable for treatment?

Yes, treatment is suitable for most people except for very dark skinned or tanned individuals.

### How does the treatment feel?

Treatment is mildly uncomfortable, no anaesthesia is required though and most people describe the discomfort as moderate and acceptable, not unlike a quick pin prick.

### Are there any side effects?

The skin may be quite red and slightly swollen after treatment but this usually subsides quickly. Very rarely a small blister may form and there can be temporary lightening or darkening of the skin. However, most people experience no side effects and any skin reaction usually disappears within a few hours.

### What should I expect after the treatment?

Redness and a slight warming sensation are normal after treatment. A cooling pack is applied after treatment to calm the skin. You may see a darkening of any pigmented spots before they flake off, leading to a more even skin tone. Tightening of the skin should increase over the following months as new collagen is produced within the dermis.

### How many treatments are necessary?

Treatments are carried out every 2 to 3 weeks and 6 treatments are recommended for best results. Thereafter, top-up sessions are performed as required, but typically once or twice a year.

### How long does each treatment take?

A facial treatment, including a skin peel or microdermabrasion usually takes about 45 minutes.

### Consultation Procedure

Prior to treatment you must first undergo a consultation where details about your medical history are obtained in order to confirm suitability. Before proceeding you will be asked to sign a consent form and undergo a test patch.



Before Skin Rejuvenation treatment



After Skin Rejuvenation treatment  
Courtesy of The Eden Clinic, Windsor



Before Skin Rejuvenation treatment



After Skin Rejuvenation treatment  
Courtesy of Paul Myers, Court House Clinics



Before Skin Rejuvenation treatment



After Skin Rejuvenation treatment  
Courtesy of Jooli Kirvin, The Northern Cosmetic Laser Centre

"I am really pleased; so many people have said I look younger."

"The treatments have given me so much more confidence."

"I'm delighted with the results. The difference was noticeable after only a few treatments"