



INFORMATION

IPL TREATMENT FOR VEIN AND OTHER VASCULAR PROBLEMS

IPL:

At Tristram Clinic we use IPL for treating vascular problems. This refers to the treatment of red facial, neck and chest veins and other vascular lesions like rosacea and spider naevi.

HOW DOES IT WORK:

The IPL produces light of all wavelengths and therefore colour. A filter is then attached, which filters out the wavelengths not required for a specific treatment, thus making it a multi purpose machine. Once the correct filter is applied, the light is directed at its target colour (brown for melanin and red for blood) and as it reaches its target, light is absorbed and converted into heat effectively destroying the target cells. The wavelength also determines the depth of penetration – very superficial for pigment, slightly deep for red vessels and deeper again for hair.

When treating vascular lesions (anything red), the light travels through the skin without damaging it so the skin is not broken. This means normal skin care and make-up is appropriate immediately following a treatment.

AFTER CARE:

Immediately after a treatment there will be severe erythema (redness) in the areas treated. This lasts for 2-24 hours. Some degree of swelling is possible especially for women, for a few days and up to one week afterwards. This varies from localised lumpiness around vessels treated, noticed when applying products the next day, to significant swelling and puffiness particularly around the eyes. It is dependent on skin type, intensity of treatment, number of pulses used and proximity to the eyes. Clients with rosacea are more likely to react, as there is already an inflammatory process in action.

If there are any freckles or brown spots in the area to be treated, some of the light will be absorbed by these and they will darken over the next few hours. Very fine scabs (similar to a minor scald) will develop. These flake off over the next two to seven days, taking some of the colour with them. If you are uncomfortable about these being removed you need to let the therapist know. When there are more brown freckles than red veins it is necessary to treat the freckles first, as all the light will be absorbed by these before reaching the red veins deeper in the skin. The nurse will discuss this with you prior to commencing a course of treatments.

There is also a chance of bruising. The bruises are localised but are very dark and can be difficult to hide with make-up. Certain areas of the face and types of lesions are more prone to bruising than others. The therapist will alert you to this.

If it is inappropriate to have either swelling or bruising owing to social commitments or type of work, when the therapist is talking through the consent form she will take this into account and adjust the settings accordingly. It may mean an extra 1-2 treatments overall, but does not detract from the end result. Treatments are done at 4-6 weekly intervals.

The most important after care is sun protection. If melanin producing cells are "upset" by the treatment and the area exposed to the sun upsetting the cells further, they will over produce melanin, and marks may appear. We recommend a 30+ sun block for thirty days regardless of weather. If you are about to go on a beach holiday then postpone treatment, do not use IPL. It is inappropriate to treat sun-tanned skin at any time, so you must postpone treatment for a further six weeks with a 30+ sun block if you arrive with too much tan.

HOW MANY TREATMENTS:

2-5 treatments are necessary. Do not budget on less than two or you will be disappointed. Skin that has generalised pinkness with or without visible vessels, will take more treatments than just "spider veins" alone. They are each treated on different settings.

COST:

IPL treatments for treating vascular problems are \$260.00 - \$390.00 per session. For small lesions or extremely minor treatments such as spider naevus on children, the cost is at the nurse's discretion. Generally there will be an initial charge and then no further costs after that, but this will be discussed at the time of the first consultation.

SAFETY:

The Tristram Clinic's Quantum is considered a very safe and effective IPL and all IPL therapists are registered nurses. Because extreme heat is involved the possible side effects or complications are those of burning. This will be discussed more fully at the time of consultation and/or first treatment. You will be asked to sign a consent form prior to treatment outlining all the possible side effects and risks. IPL can damage eyesight so you will have shields placed over your eyes. Anyone accompanying you will be given safety goggles. It is therefore not suitable to bring young children with you.

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