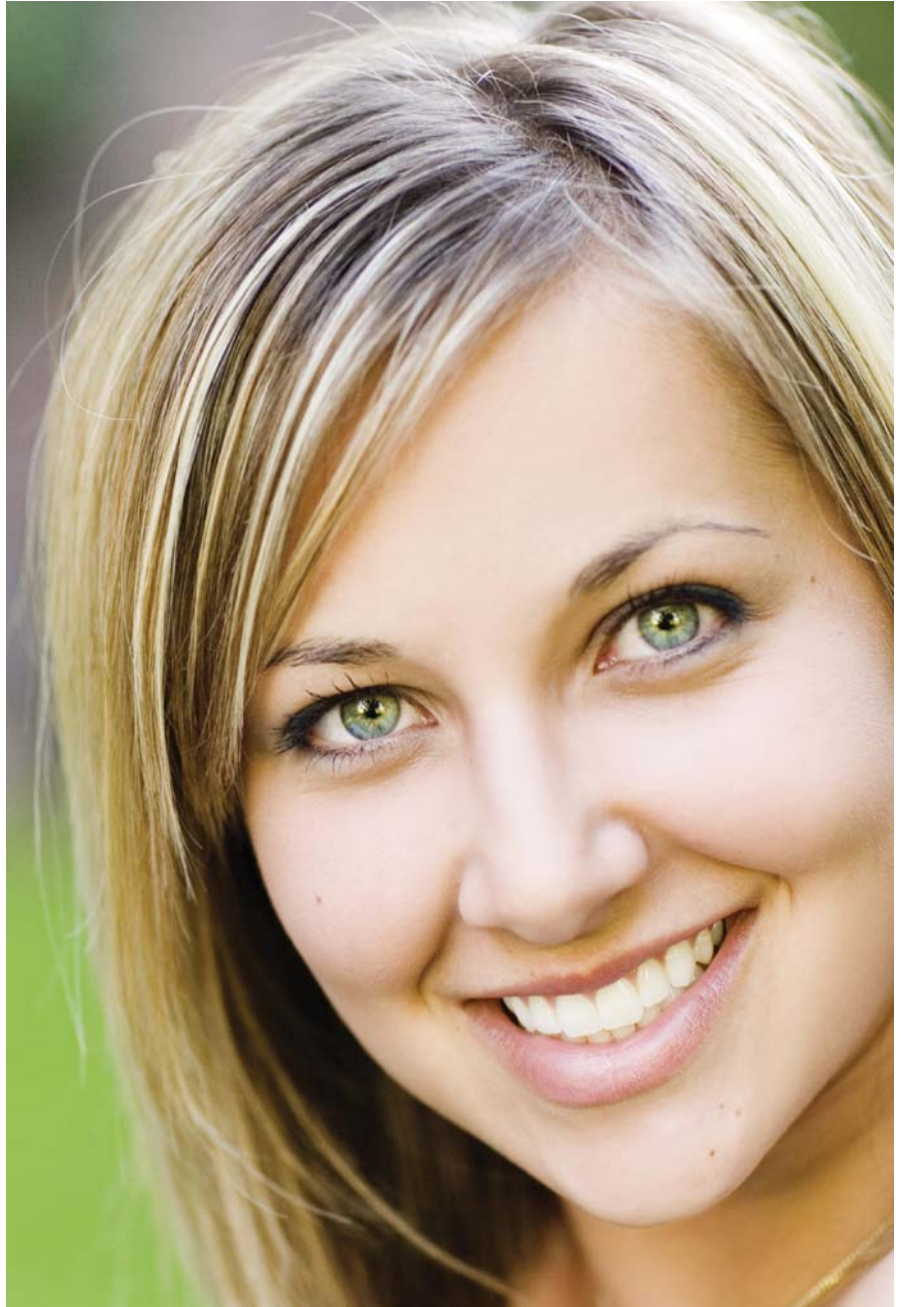


Let there be light!

Photorejuvenation is the process where intense pulsing light is used by qualified professionals to rejuvenate the skin. Here's how.

IPL (Intense Pulsed Light) and SIPL (Super Intense Pulsed Light) are two means by which the benefits of photorejuvenation are delivered to the skin.



The process is a non-invasive one whereby light energy is transformed into heat energy and targeted at the skin's cells. The heat generated by photorejuvenation gently removes the abnormal or aged tissue. The longer wavelengths emitted by the pulsing light are red in colour and penetrate deeper, sparing superficial layers. Shorter wavelengths which are blue in colour, treat the superficial layers of the skin. The building material of skin, known as collagen, is also tightened, rejuvenated and remodelled through the photorejuvenation process.

By varying the colour of the wavelength and the duration of each pulse, the treatment can be tailored to different depths and different skin types. This allows accurate and specific control for individual treatments in different skin types and for different skin problems. It's important to remember that shorter pulses with longer rest times limit any damage to adjacent tissue.

The main difference between laser treatment and the intense pulsed light



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used in photorejuvenation is that laser uses a single colour where IPL uses a wide range. IPL can filter the light to a range of desired wavelengths. This makes it useful over a wider spectrum to treat a wider variety of skin conditions.

In short, photorejuvenation can remove unwanted skin imperfections with little or no downtime and minimal discomfort.

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Using hair removal as an example, the light energy is absorbed by the dark pigment melanin in the follicle. The energy damages the hair bulb or root, restricting the growth of new hair. At any one time only 30 per cent of hair is in a growth phase, so hair that is in a dormant phase is not affected. This means that repeated treatments are

required to treat all follicles when in the sensitive growth stage.

Similarly, for reddish areas of skin such as broken veins the target of the IPL treatment is haemoglobin, a pigment in red blood cells. The darker the pigment, the more light from the IPL treatment is absorbed and the better the effect.

However, for this reason IPL should not be used in people with an abnormal response to sunlight. This includes those using acne treatments such as acutane or those patients who have been prescribed light sensitising medication. IPL should not be used in the case of pregnancy and on suspicious or malignant lesions. Care should also taken with conditions associated with delayed wound healing, blood thinners and deeply tanned skins.

Having said that, any side effects of IPL are rare and if they occur, are usually short-lived and mild. They can include some pain (described like the sting of an elastic band), redness, blisters as in mild sunburn, minor

rashes, swelling and sometimes bruising. Pigmentation change and scarring is rare. If there are concerns, it is possible for patients to have a small skin patch test which can be undertaken on an area of skin normally concealed

Following treatment, some dark spots may initially become darker before peeling and flaking away. Other results may also take some time to appear.

In summary, photorejuvenation or IPL is a safe and effective non-surgical technique to rejuvenate the skin. It can be performed with a minimum of recovery time and treats a wide range of skin conditions. It is recommended that photorejuvenation only be performed by an accredited professional. [PL](#)

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