

Information And Consent For Skin Rejuvenation

Photorejuvenation with intense pulsed light

What is intense pulsed light?

This is a non-invasive procedure using light and heat technology to improve the appearance and feel of the skin, giving it a youthful healthy glow. As it treats skin damage without disruption of the skins surface, there is visually minimal recovery time. In certain cases where higher energy levels are required downtime can be longer.

Is it safe?

When carried out by a qualified, experienced practitioner this is a safe and effective treatment, with minimal down time and side effects. The light is customised to your specific skin condition and colour to ensure the treatment is safe and effective. Results may vary depending on different skin types, with lighter skin types being the most effective to treat. Treatment will not be carried out on skin that is tanned or where fake tan is present, as this increases the risk of side effects and discomfort.

How does Intense Pulsed Light work?

Intense pulsed light consists of a very bright, controlled light that is absorbed by various components of the skin. The colours in the light are attracted by the red and brown discolouration in the skin and by the collagen tissues. The bodies healing mechanism takes over and absorbs the reds, sloughs the browns and stimulates the production of new collagen. A cooling tip protects the external skin.

What is photorejuvenation?

Photorejuvenation using intense pulsed light is a safe and effective way to reverse sun-induced skin damage and skin aging. It improves the texture of the skin, stimulates your own collagen to help smooth fine lines, clears red blotches and broken blood vessels, reduces pore size and fades brown spots and areas of hyperpigmentation.

Does it hurt?

The light flicking against the skin is hot, but is very well tolerated, and topical anaesthetic can be applied if patients find the procedure too painful. The tip is cold to touch and a cooling gel is applied to the skin increasing comfort during treatment.

Which areas can be treated?

Treatment can be performed on the face, neck, chest, back, arms, hands and legs

Which conditions can be treated?

Sun damage
Redness, flushing and small veins
Rosacea
Enlarged pores
Dark pigmentation, age spots and freckles
A dull complexion
Skin Firming
Improvement of Skin Texture

How is the treatment administered?

Dark glasses or eye shields are worn to protect the eyes from the bright light. A cold gel is applied to the skin to aid absorption of the light and keep the skin cool. Three treatments are generally recommended at 2 week intervals to achieve optimum results. Improvement is natural and gradual and you must avoid tanning while undergoing treatment. A one off treatment can be carried out for general rejuvenation and is optimally performed every 3 months for best results.

What can be expected following treatment?

You may be slightly red and feel hot following treatment, and if you have brown areas they will appear darker for 5 – 7 days and then flake off. It is important not to pick the skin because this could cause scarring. You can resume normal activity immediately, and apply make up straight after treatment. Broken vessels can occasionally bruise or look purple in colour for 5 – 7 days after treatment. Occasionally patients can react more aggressively to treatment, and healing might take up to 10 days.

Possible side effects

Redness, mild swelling and bruising can occur, which resolves in 5 – 7 days. There is a rare possibility of blistering, scarring and permanent discolouration of the skin. It is important to inform your practitioner if you suffer from cold sores, as this treatment could trigger a cold sore, and medication might be given to avoid this.

Please advise your doctor or Aesthetic Nurse if you have any forthcoming social engagements so a personal evaluation can be made as to any possible downtime associated with the treatment that could impact on your enjoyment of the event. Every individual can react differently to treatment so it is important to alert your practitioner.

Care following treatment

Sun exposure should be avoided for a week after treatment, and good sun protection should be used. A maintenance treatment every 3 months is advisable to maintain the results of treatment.

Consent

I confirm that I have been fully informed about the procedure and my questions have been answered. I understand the exclusions for treatment, and have advised the doctor of any changes to my medical history. I am fully aware of the possible risks and side effects and give my permission for the treatment to be performed.

I am of the opinion that my request for treatment is for medical reasons and the personal psychological features that are associated with my request. I have expressed my thoughts and feelings to the treating doctor and consent to the treatment for the purpose of restoring and maintaining the health of my skin and body and my psychological wellbeing.

Patient Name.....

Patient Signature.....

Doctor/Aesthetic Nurse Signature.....

Date of Treatment.....

EMERGENCY CONTACT DETAILS

Should you feel unwell following your procedure it is important to seek specialist medical advice immediately. In the first instance call Dr. John Curran on one of the following numbers:

Guernsey Clinic 01481 736699 (Mon-Fri 08.00 to 17.30)

Dr. Curran's Mobile 07781-165797

