

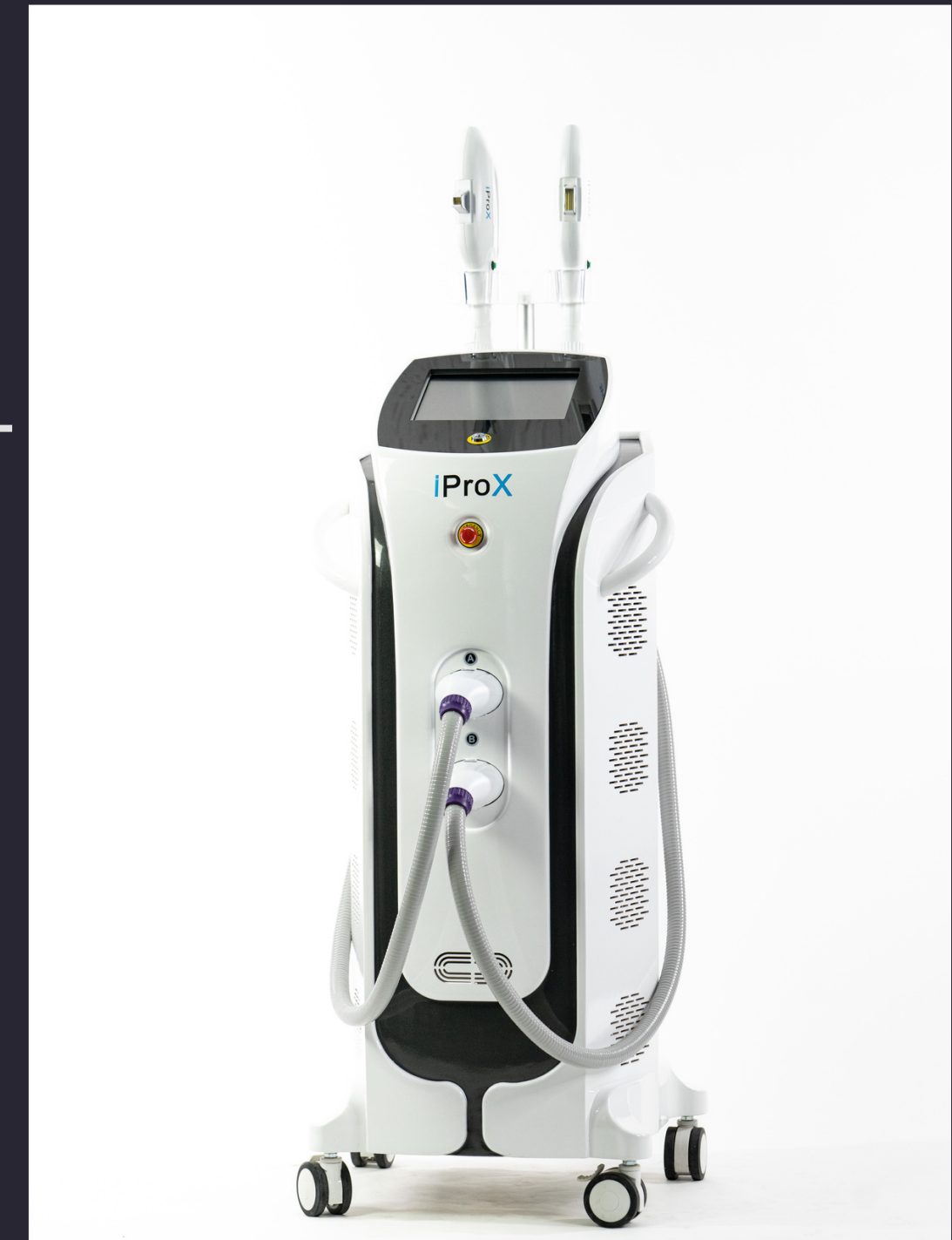


iProX

Clinical Training

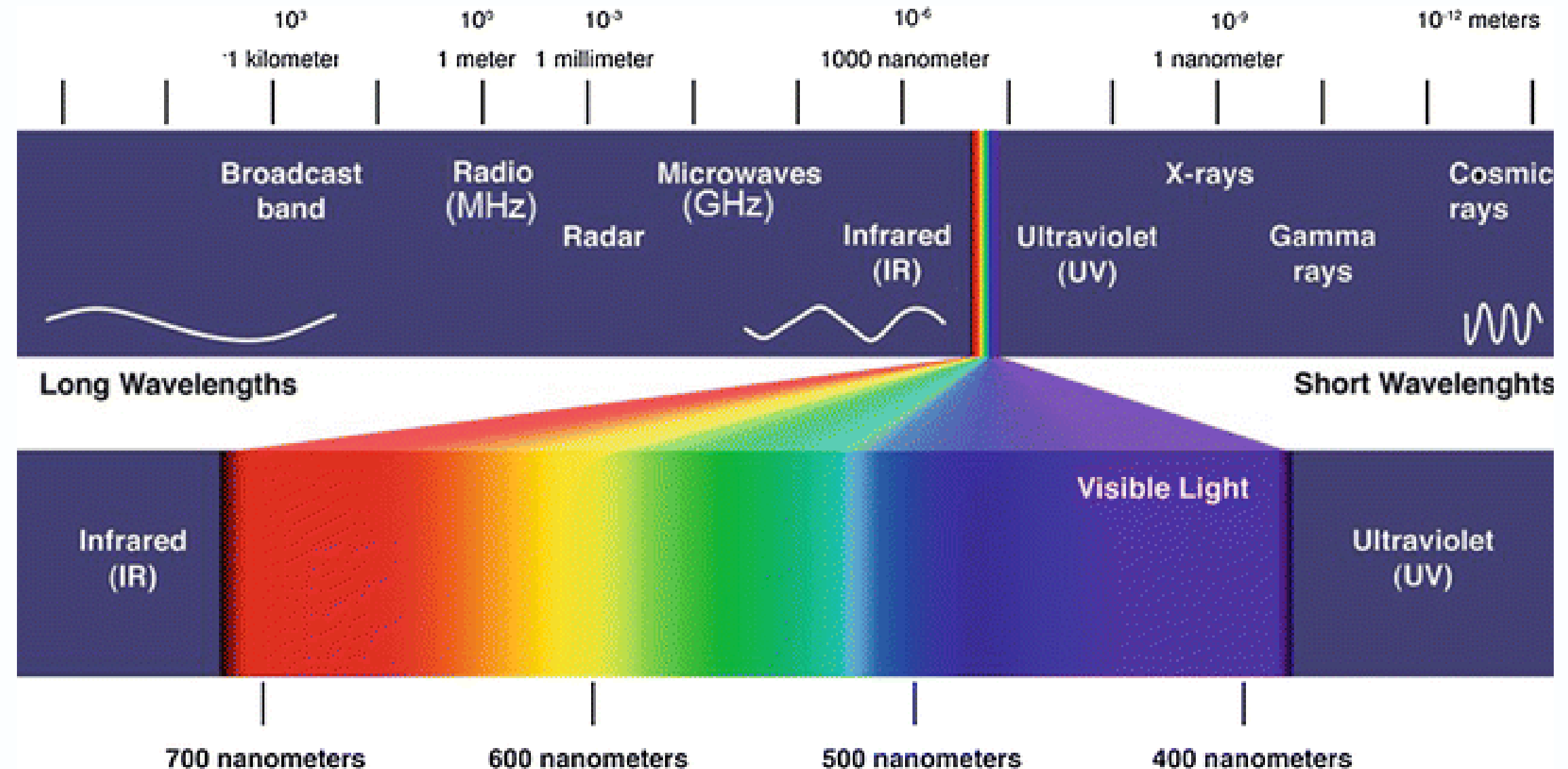
WHAT IS IPL

Intense Pulsed Light (IPL) is a technology used in various cosmetic and medical treatments. It emits broad-spectrum light pulses that target specific tissues in the skin, commonly used for hair removal, skin rejuvenation, treatment of pigmentation issues, acne and reduction of vascular lesions. Your two main targets (chromophores) are melanin and hemoglobin.



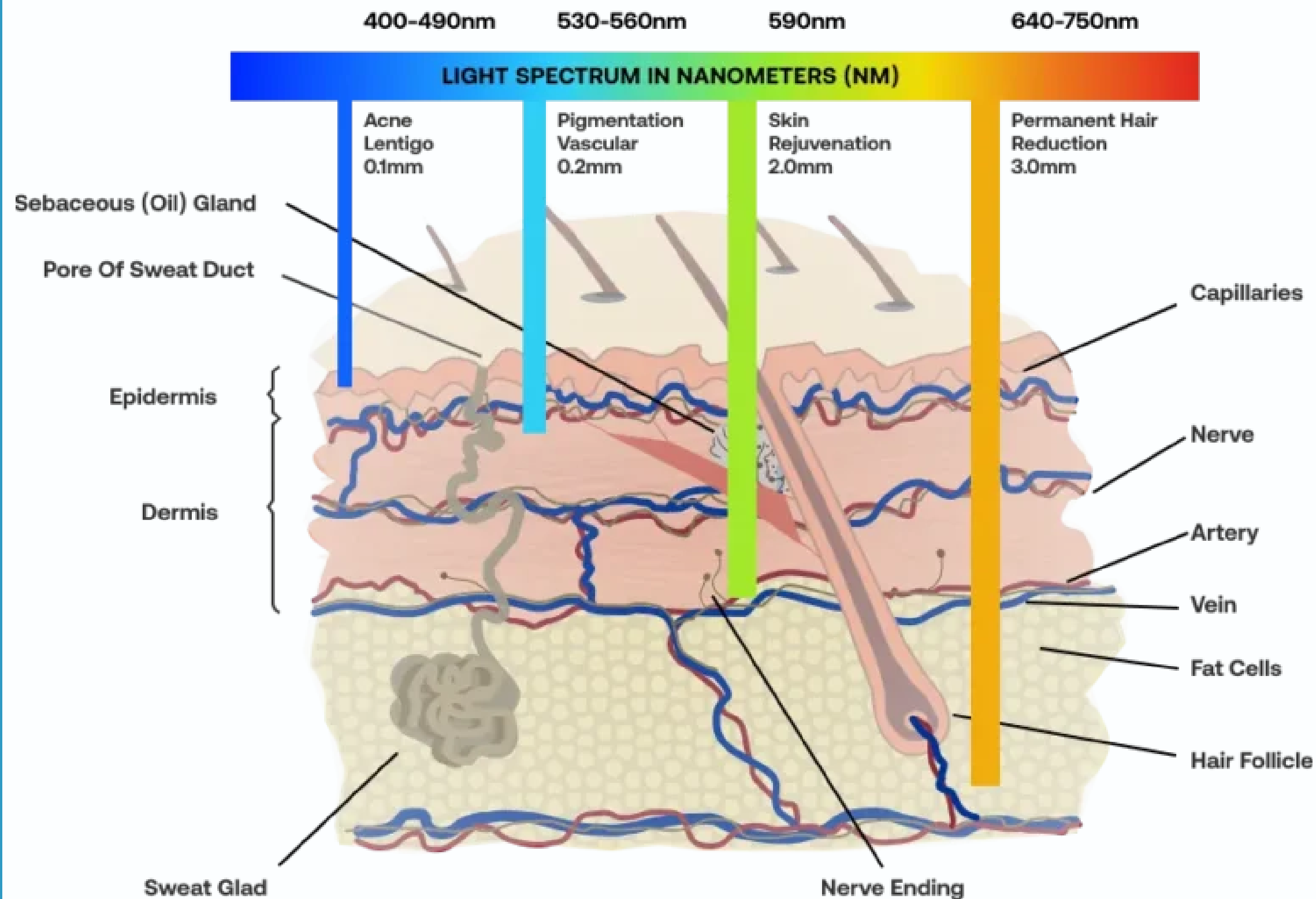
FILTER/WAVELENGTHS OVERVIEW

- ✓ The intense pulse light filters the light using different wavelengths ranging from 480-1200nm
- ✓ The light will pass through the filter choosing the desired wavelength applicable for chosen target.



HOW IT WORKS

IPL FILTERED LIGHT PENETRATION INTO THE SKIN



- ✓ **Targeted absorption:**
The IPL device emits a broad spectrum of light wavelengths that target specific chromophores in the skin, such as melanin (for pigmented lesions like sunspots) or hemoglobin (for vascular lesions like spider veins).
- ✓ **Selective photothermolysis:**
The light energy is absorbed by the targeted chromophores, causing them to heat up. This process selectively damages the unwanted pigmented or vascular lesions while leaving surrounding tissues unharmed.

HOW IT WORKS (Continued)

- ✓ Body's natural healing response: After treatment, the body's natural healing processes work to remove the damaged tissue, leading to the gradual fading or elimination of the targeted lesions.
- ✓ Stimulates collagen production: Additionally, IPL treatments can stimulate collagen production in the skin, leading to improved skin texture, reduced fine lines, and overall skin rejuvenation.

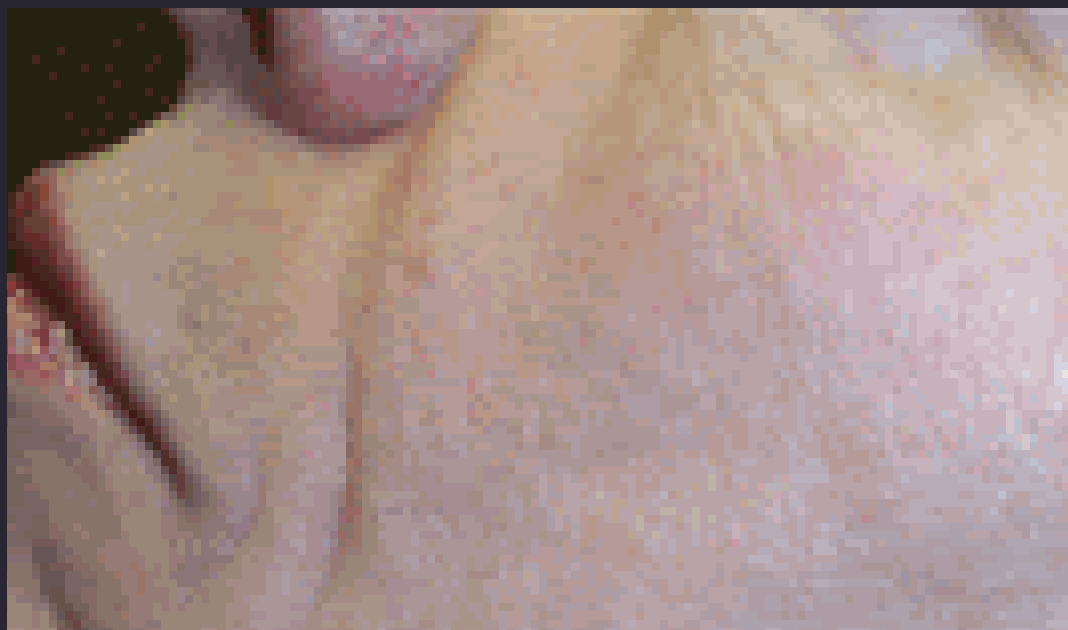


WHAT IPL TREATS

Rosacea



Before IPL Treatment



After IPL Treatment

Rosacea is a chronic skin condition characterized by redness, flushing, visible blood vessels, and sometimes small, red, pus-filled bumps on the face. It typically affects the central part of the face, including the cheeks, nose, forehead, and chin. Rosacea can vary in severity, from mild to severe, and it may come and go over time. While the exact cause of rosacea is unknown, factors such as genetics, abnormal blood vessels, and inflammation may contribute to its development. Triggers for rosacea flare-ups can include sun exposure, hot or spicy foods, alcohol, stress, and certain skincare products. Although there is no cure for rosacea, various treatments, including topical medications, oral medications, laser therapy, and IPL therapy, can help manage its symptoms and improve the appearance of the skin. It's essential for individuals with rosacea to work closely with a dermatologist to develop a personalized treatment plan.

WHAT IPL TREATS

TELANGIECTASIA



Before IPL Treatment



After IPL Treatment

Telangiectasia refers to the dilation or enlargement of small blood vessels near the surface of the skin, which results in visible red or purple veins. These veins can appear as fine lines or clusters, commonly known as spider veins or broken capillaries. Telangiectasia can occur anywhere on the body but is most commonly found on the face, particularly around the nose, cheeks, and chin. It can be caused by various factors, including genetics, sun exposure, aging, hormonal changes, certain medical conditions, and trauma to the skin.

Telangiectasia is often benign but can be cosmetically bothersome to some individuals. Treatments such as laser therapy and IPL (Intense Pulsed Light) can effectively target and reduce the appearance of telangiectasia, improving the overall appearance of the skin.

WHAT IPL TREATS

PIGMENTATION



Before IPL Treatment



After IPL Treatment

Pigmentation refers to the natural color of a person's skin, which is determined by the amount and type of melanin produced by melanocytes (cells responsible for producing melanin) in the skin. Melanin is a pigment that gives skin its color and helps protect it from the harmful effects of ultraviolet (UV) radiation from the sun. Skin pigmentation can vary widely among individuals and is influenced by factors such as genetics, sun exposure, hormonal changes, and certain medical conditions. Abnormal pigmentation can manifest in various forms, including: 1. Hyperpigmentation: Excessive production of melanin, resulting in dark patches or spots on the skin. This can be caused by sun exposure, hormonal changes (such as pregnancy or oral contraceptives), inflammation, or skin injuries. 2. Hypopigmentation: Decreased production of melanin, leading to lighter or white patches on the skin. Causes of hypopigmentation can include genetic factors, autoimmune conditions, skin injuries, or certain medications. Maintaining healthy skin and protecting it from excessive sun exposure through the regular use of sunscreen and protective clothing can help prevent abnormal pigmentation.

Additionally, treatments such as topical medications, chemical peels, laser therapy, and IPL (Intense Pulsed Light) can be used to address pigmentation concerns and achieve a more even skin tone.



PRECAUTIONS

Understand the potential side effects of IPL treatment, such as temporary redness, swelling, or mild discomfort, and discuss any concerns with your practitioner before proceeding. By considering these precautions and consulting with a qualified practitioner, you can ensure a safe and effective IPL treatment experience tailored to your specific skin concerns and needs.

SUN EXPOSURE:

Avoid sun exposure and tanning beds for several weeks before and after IPL treatment, as tanned skin is more prone to adverse reactions such as burns or pigmentation changes.

SKIN TYPE AND SENSITIVITY:

IPL may not be suitable for all skin types, particularly darker skin tones, as it can potentially cause pigmentation changes or burns. It's essential to consult with a qualified practitioner to assess your skin type and suitability for treatment.

PREGNANCY AND BREASTFEEDING:

IPL treatment is generally not recommended during pregnancy or breastfeeding due to the potential risks to the fetus or infant. Consult with your healthcare provider if you are pregnant or breastfeeding before considering IPL treatment.

MEDICAL CONDITIONS:

Inform your practitioner about any medical conditions you have, such as skin disorders or autoimmune diseases, as they may affect your suitability for IPL treatment or require special precautions.

POST-TREATMENT CARE:

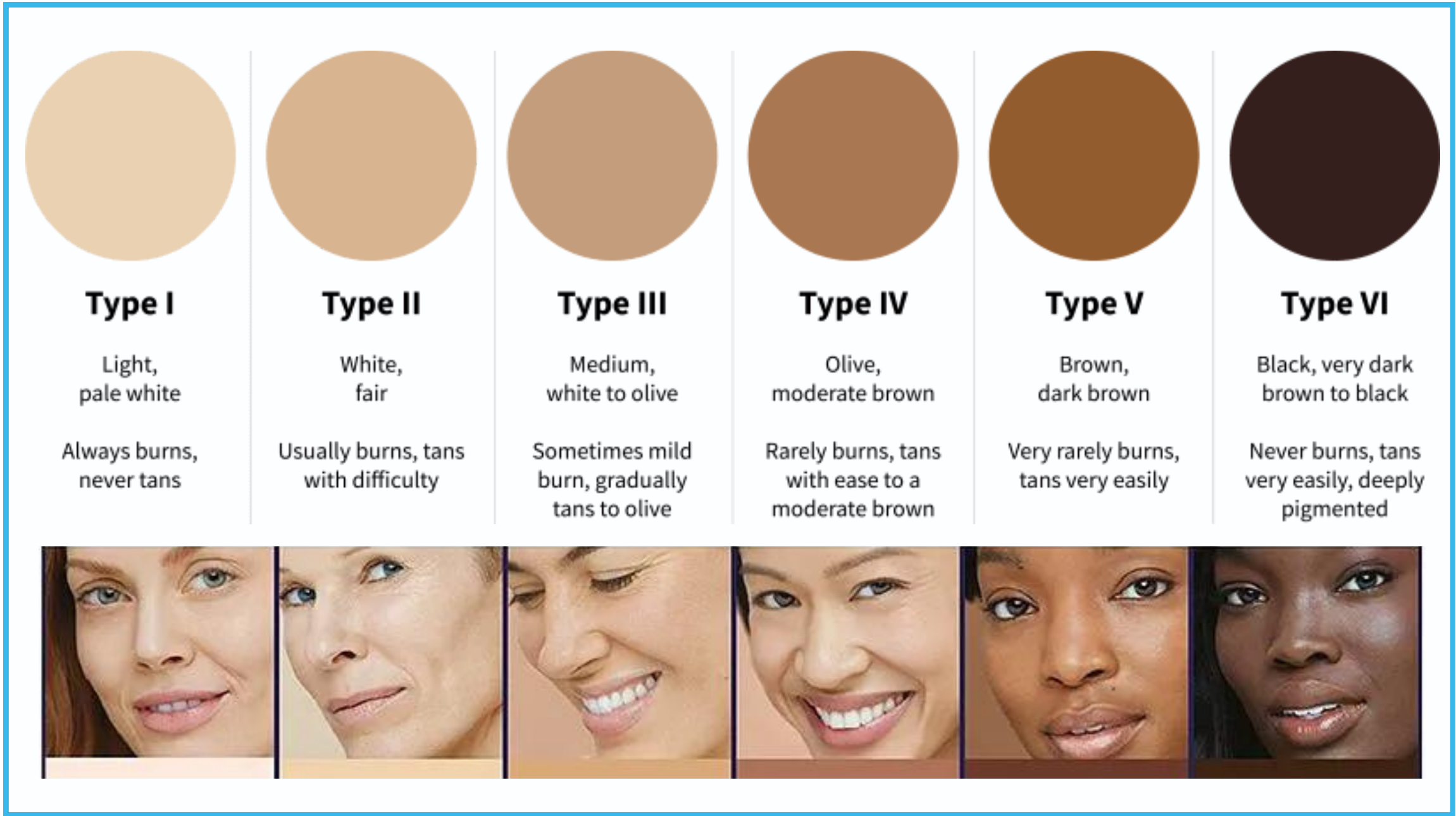
Follow your practitioner's instructions for post-treatment care, which may include avoiding excessive sun exposure, using sunscreen, and moisturizing the treated area regularly.

MEDICATIONS AND SKINCARE PRODUCTS:

Inform your practitioner about any medications you are taking, as some medications can make your skin more sensitive to IPL treatment. Additionally, avoid using certain skincare products, such as retinoids, before treatment, as they can increase skin sensitivity.

The Fitzpatrick skin typing scale is a classification system used to categorize human skin tones based on their response to sun exposure. The scale helps dermatologists and skincare professionals assess a person's risk of sunburn and skin cancer, as well as determine the most appropriate skincare and sun protection measures. The Fitzpatrick scale consists of six skin types

FITZPATRICK SKIN TYPES





SKINTYPING WORKSHEET

SKIN TYPE SCORE	SKIN TYPE		FEATURES			
Score: 0-7	I		caucasian/freckles/always burns never tans/pale white skin			
Score: 8-16	II		caucasian/freckles/burns easily and tans minimally/white skin			
Score: 17-25	III		darker caucasian/burns slightly/tans gradually/light brown skin			
Score: 25-30	IV		Mediterranean/Asian/Hispanic/ burns minimally/tans easily/moderate brown skin			
Score: over 30	V		Middle Eastern/Latin/light skinned black/Indian/rarely burns/tans profusely/dark brown skin			
	VI		Never burns/deeply pigmented/dark brown to black skin			

	0	1	2	3	4	SKIN SCORE
WHAT IS THE COLOR OF YOUR EYES?	LIGHT BLUE OR GRAY	BLUE OR GREEN	HAZEL OR LIGHT BROWN	DARK BROWN	BROWNISH BLACK	
WHAT IS THE NATURAL COLOR OF YOUR HAIR?	RED OR SANDY RED	BLONDE	BROWN, CHESTNUT, DARK BLONDE	DARK BROWN	BLACK	
WHAT IS THE COLOR OF YOUR SKIN (UNEXPOSED AREAS)?	REDDISH	VERY PALE	PALE WITH BEIGE TINT	LIGHT BROWN	DARK BROWN	
DO YOU HAVE FRECKLES ON SUN EXPOSED AREAS?	MANY	SEVERAL	FEW	INCIDENTAL	NONE	
WHAT HAPPENS WHEN YOU STAY IN THE SUN TOO LONG?	PAINFUL REDNESS, BLISTERS	BLISTERING FOLLOWED BY PEELING	BURNS SOMETIMES FOLLOWED BY PEELING	RARELY BURNS	NEVER HAD BURNS	
TO WHAT DEGREE DO YOU TURN BROWN?	HARDLY OR NOT AT ALL	LIGHT COLOR TAN	REASONABLE TAN	TAN VERY EASILY	TURN DARK BROWN QUICKLY	
DO YOU TURN BROWN SEVERAL HOURS AFTER SUN EXPOSURE	NEVER	SELDOM	SOMETIMES	OFTEN	ALWAYS	
HOW DOES YOUR FACE RESPOND TO THE SUN?	VERY SENSITIVE	SENSITIVE	NORMAL	VERY RESISTANT	NEVER HAD A PROBLEM	
WHEN WAS YOUR LAST PROLONGED EXPOSURE TO THE SUN?	MORE THAN 2 MONTHS AGO	2-3 MONTHS AGO	1-2 MONTHS AGO	LESS THAN 1 MONTH AGO	LESS THAN 2 WEEKS AGO	
DO YOU EXPOSE THE AREA TO BE TREATED TO THE SUN WITHOUT SPF?	NEVER	HARDLY EVER	SOMETIMES	OFTEN	ALWAYS	
TOTAL SCORE						

RADIO FREQUENCY

Radiofrequency (RF) refers to the oscillation rate of electromagnetic radiation in the range of about 3 kHz to 300 GHz. In medical and cosmetic contexts, radiofrequency refers to a technology that uses electromagnetic energy to heat tissues beneath the skin's surface. This heat stimulates collagen production, which can lead to skin tightening and improvement in texture. RF treatments are often used for skin tightening, wrinkle reduction, and body contouring.



HOW DOES RF WORK

✓ Tissue penetration:

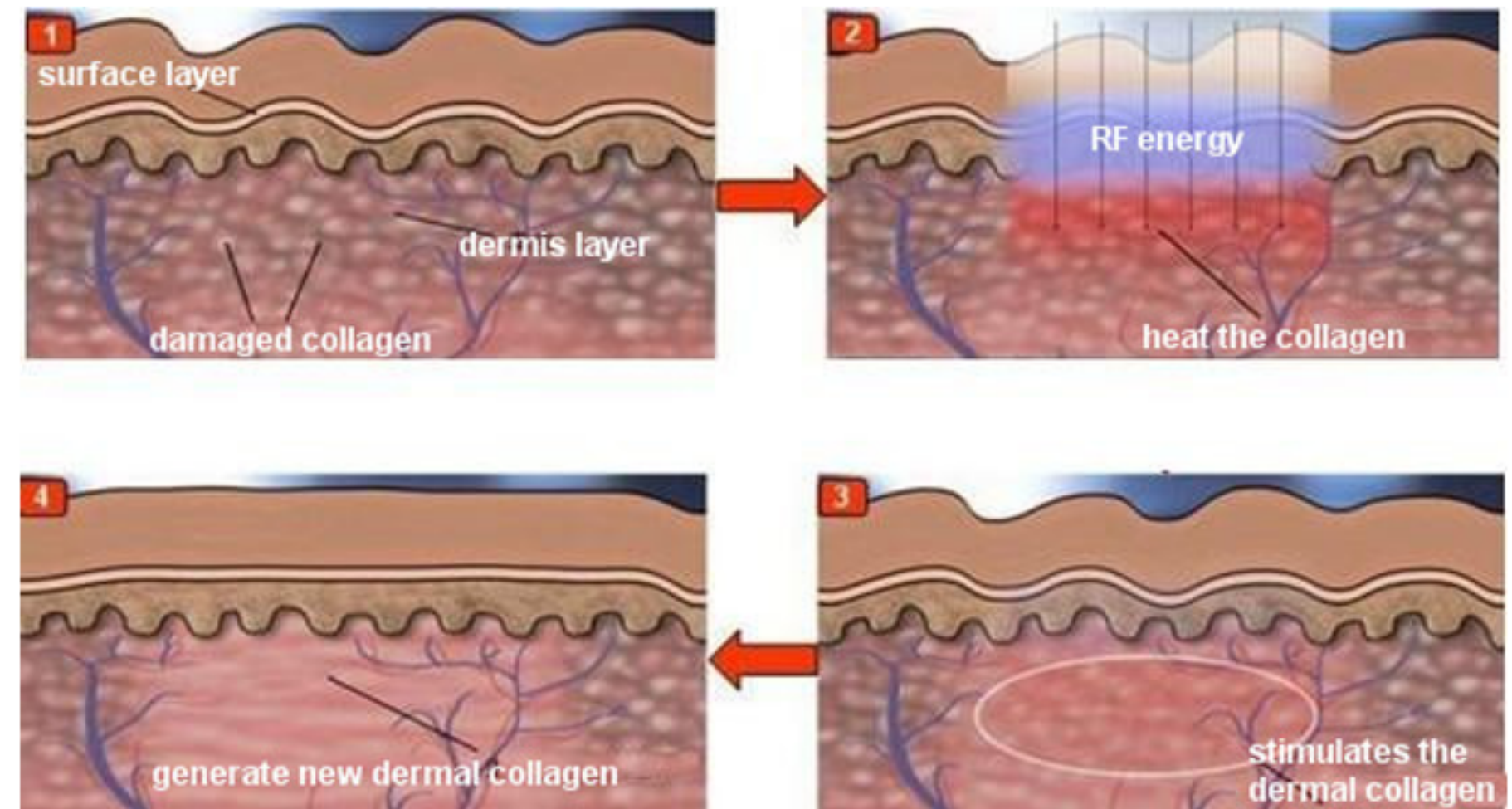
RF devices emit radiofrequency waves that penetrate the outer layers of the skin without causing damage. The energy is absorbed by the deeper layers of the skin, including the dermis, where collagen and elastin fibers are located.

✓ Heat generation:

As the RF energy reaches the target area, it heats the tissue, causing controlled thermal damage. This heat stimulates the body's natural healing response, triggering the production of new collagen and elastin fibers.

✓ Collagen remodeling:

The production of new collagen and elastin fibers helps to remodel and tighten the skin, leading to improvements in skin laxity, wrinkles, and overall skin texture.



HOW DOES RF WORK

✓ Gradual results:

While some immediate tightening effects may be noticeable after RF treatment, the full benefits typically develop gradually over several weeks to months as collagen remodeling continues.

✓ Customizable treatments:

RF devices often come with adjustable settings, allowing practitioners to tailor treatments to each individual's specific skin concerns and desired outcomes.

✓ Non-invasive or minimally invasive:

RF treatments are usually non-invasive or minimally invasive, meaning they involve little to no downtime and minimal discomfort compared to surgical procedures.

Overall, RF technology is an effective and versatile option for skin tightening, wrinkle reduction, and body contouring, offering noticeable results with minimal risk and downtime. However, it's essential to consult with a qualified practitioner to determine the most suitable treatment approach based on your specific skin concerns and goals.



IPL AND RF COMBINATION

Combining IPL (Intense Pulsed Light) and RF (Radiofrequency) can offer several benefits:



Comprehensive skin rejuvenation:

IPL targets pigmentation issues, such as sunspots and freckles, while RF stimulates collagen production and tightens the skin, resulting in improved overall skin tone and texture.

Enhanced effectiveness:

By combining both technologies, you can target multiple skin concerns simultaneously, leading to more comprehensive and noticeable results compared to using each treatment separately.

Customizable treatments:

IPL and RF devices often come with adjustable settings, allowing practitioners to tailor treatments to each individual's specific skin type and concerns.

Reduced downtime:

Since IPL and RF treatments are non-invasive or minimally invasive, they typically involve minimal downtime compared to surgical procedures, allowing patients to return to their regular activities relatively quickly.

Long-lasting results:

The combination of IPL and RF treatments can lead to long-lasting improvements in skin appearance, with results that can be maintained through proper skincare and occasional maintenance treatments.

Overall, combination IPL and RF treatments can provide synergistic benefits for achieving smoother, firmer, and more youthful-looking skin.



IProX - IPL & RF TECHNOLOGY PLATFORM

Produce synchronous pulses of bipolar RF current and Intense pulse light delivered in the same pulse profile.

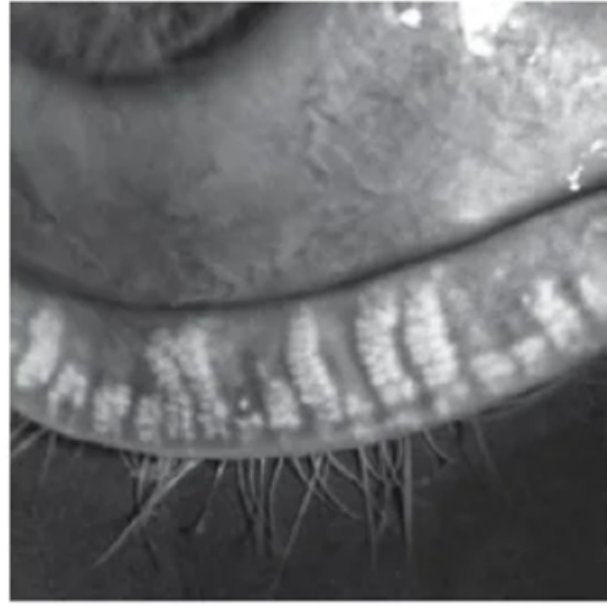
This blend of electrical and optical energies in the same pulse is called electro-optical synergy.

IPL and RF combined allows 30% deeper penetration providing a more effective treatment.

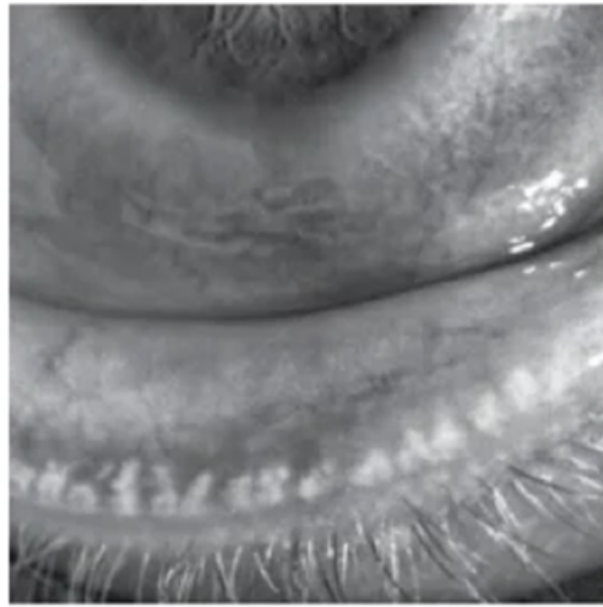
DRY EYE



Normal



Moderate loss



Severe Loss

IPL (Intense Pulsed Light): IPL therapy has been used for treating meibomian gland dysfunction (MGD), a common cause of evaporative dry eye. IPL treatment involves directing pulses of broad-spectrum light onto the skin around the eyes. This light energy is absorbed by the blood vessels and can help reduce inflammation and blockage in the meibomian glands, which produce the oily layer of the tear film. By improving the function of the meibomian glands, IPL therapy aims to enhance tear film stability and reduce dry eye symptoms.

IPL (Intense Pulsed Light) and RF (Radiofrequency) are two treatments that have been explored for addressing dry eye syndrome, a condition characterized by insufficient tears or poor tear quality, leading to discomfort, irritation, and potential damage to the surface of the eyes.



DRY EYE

RF (Radiofrequency): RF treatment for dry eye involves using controlled radiofrequency energy to heat and stimulate the meibomian glands, promoting the secretion of oil and improving tear film quality. This technique aims to address meibomian gland dysfunction and restore the lipid layer of the tear film, which helps prevent excessive evaporation of tears and maintains ocular surface health. Both IPL and RF treatments for dry eye are relatively new and may not be widely available or extensively studied compared to traditional dry eye treatments. While some research suggests potential benefits, further studies are needed to fully understand the effectiveness, safety, and long-term outcomes of these therapies for managing dry eye syndrome. It's essential for individuals with dry eye to consult with an eye care professional to determine the most appropriate treatment approach based on their specific needs and condition severity.



ADVERSE REACTIONS

Adverse reactions to IPL (Intense Pulsed Light) therapy are possible, although they are generally rare when the treatment is performed by a qualified and experienced practitioner. Some potential adverse reactions may include:



Pain or discomfort:

Some individuals may experience mild pain or discomfort during IPL treatment, particularly in areas with sensitive skin or higher levels of pigment.

Redness and swelling:

Temporary redness and swelling of the treated area is common immediately following IPL therapy. This typically resolves within a few hours to a few days.

Bruising or blistering:

In rare cases, IPL treatment may cause bruising or blistering of the skin, particularly if the treatment parameters are not properly adjusted or if the skin is excessively sensitive.

Pigment changes:

IPL therapy can cause temporary changes in skin pigmentation, such as darkening or lightening of the treated area. These changes usually resolve over time but may be more pronounced in individuals with darker skin tones.

Scarring:

Although rare, IPL treatment carries a small risk of scarring, particularly if the skin is damaged or if the treatment is performed incorrectly.

Eye injury:

IPL therapy in the eye region poses a risk of eye damage without proper eye protection. Both patients and practitioners must wear appropriate eye protection to prevent harm. Undergoing IPL therapy under the supervision of a qualified dermatologist or skincare professional is crucial to assess skin type, mitigate risks, and tailor treatment parameters. Following post-treatment care instructions, including sun avoidance and using recommended moisturizers or soothing creams, aids in reducing adverse reactions and facilitating healing.



SUGGESTED PRICE LIST & TREATMENT INTERVALS

AESTHETIC

SUGGESTED PRICE LIST

TREATMENT AREA	TREATMENT	PRICE
	Full Face	\$350-500
	Partial Face (Cheeks + Nose)	\$250-400
	Face + Neck	\$500-650
	Neck + Chest	\$400-600
	Chest	\$300-500
	Hands	\$250-350
	Hands + Forearms	\$400-600
	1 Area	\$200-400
	15 Minute Treatment	\$250-400
	Additional 10 Minutes	\$100-250

Recommended Treatment Intervals:
3-4 treatments recommended every 2-4 weeks

VISION

SUGGESTED PRICE LIST

VISION	TREATMENT	SERIES OF 4
	iProX	\$1,000 - \$1200
	InfinityPro LLLT	\$600 - \$750
	InfinityPro LLLT	\$600 - \$750

Recommended Treatment Intervals:
iProX: 1 treatment every 2 weeks
LLLT (Inflammation): 1 treatment every week
LLLT (Bacteria): 2 treatments every week

PRE-TREATMENT PROTOCOL

An accurate diagnosis by a physician is necessary prior to the IPL treatment.

Prior to the treatment, clean the treatment area. The treatment area should be free of any makeup, creams, perfumes and lotions. Male patients should shave just prior to treatment (the pigment in your beard could increase discomfort).

Discontinue sun tanning, use of tanning beds and any application of sunless tanning products one month before the treatment.

Always use an SPF 30 or greater sunblock on all exposed treatment areas. Wear sun protective hats and clothing.

Discontinue the use of exfoliating creams 1 week prior to the entire treatment.

If the patient has a history of herpes outbreaks in the areas being treated, a prescribed medication, like Valtrex, is recommended for one week prior to the treatment to help prevent an outbreak.

Patients will need to have:



A high quality sunblock SPF 30 (zinc and/or titanium dioxide >10%)



A mild facial cleanser.



A good moisturizer available for your after-care.



For discomfort, a pain reliever such as ibuprofen or acetaminophen can be used.



Bacitracin can also be applied, If an open area occurs or if the treatment area is inadvertently picked

POST TREATMENT PROTOCOL

- A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours, individual response may vary. Mild swelling, tenderness and/or redness may accompany this.
- Apply ice packs or gel packs (do not apply direct ice) to the treated area for 10-15 minute intervals every hour for the next four hours as needed. A topical anti-inflammatory can be used for redness and tenderness. An oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen may be taken to reduce discomfort. Use according to the manufacturer's instructions.
- In rare cases, prolonged redness or blistering may occur. If this happens please call the physician's office. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- The pigmented lesions may initially look raised and/or darker with a reddened perimeter, this is normal. It will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black and will begin to flake off in 7-10 days. Rarely would it progress to a scab or crusting phase, if this happens, please call us.
- Veins or vascular lesions may undergo immediate graying or blanching (turning white) or they may exhibit a slight purple or red coloring. If the treated area develops crusting or a scab, it will start to flake off in 7-14 days. The vessels will fully or partially fade in about the same amount of time. Repeat treatment to veins may be every 7-14 days, or when the skin has fully recovered.
- Do not pick, scratch or remove any scabs. Allow them to flake off on their own. Lesions are usually healed in 7-10 days. They will continue to fade over the next 6-8 weeks after treatment. Please keep all follow up appointments and do not hesitate to call our office if you have questions or concerns.

Until the redness has completely resolved, avoid all of the following:

- ✓ **Applying cosmetics to the treated area**
- ✓ **Swimming, especially in pools with chemicals, such as chlorine**
- ✓ **Ocean swimming and Hot Tubs/Jacuzzis**
- ✓ **Excessive perspiration or irritation to the treated area**
- ✓ **Sun exposure to the treated areas – to prevent skin color change.**
- ✓ **Call your physician's office with any questions or concerns you may have after the treatment**