

WORLD AESTHETIX

IPL Treatment Protocol Sheet

General Clinical Guidelines for Intense Pulsed Light (IPL) Treatments

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| Indications | Pigmentation, Vascular Lesions, Acne, Hair Reduction, Photorejuvenation |
| Preparation | Avoid sun 2–4 weeks, remove makeup, obtain consent/photos, determine Fitzpatrick type |
| Contraindications | Active tan, infection, photosensitivity, pregnancy (relative), isotretinoin use |
| Common Filters | 420nm Acne 530–560nm Pigment 590nm Vascular 640nm+ Hair Removal |
| Clinical Endpoints | Mild erythema, pigment darkening, perifollicular edema, vessel blanching |
| Avoid | Blistering, epidermal whitening, excessive heat buildup |
| Post Care | SPF 30+, avoid heat 24–48 hrs, hydrate skin, avoid exfoliation 5–7 days |
| Frequency | Photofacial: 3–4 wks Acne: weekly/biweekly Hair Reduction: 4–8 wks |