

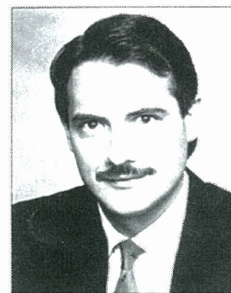
Photorejuvenation: Using Intense Pulsed Light Technology in a Cosmetic Surgery Practice

A significant group of patients have had aesthetic procedures but are still concerned with the condition of their skin. Intense pulsed light technology can diminish lines of demarcation and signs of photoaging, and it can provide a 50% to 75% improvement in facial flushing/rosacea and a 40% to 60% improvement in dyschromia. The author provides a protocol for using this technology and pointers for successful treatment. (*Aesthetic Surg J* 2001;21:255-258.)

The main concerns plastic surgeons have about acquiring new technology are versatility and longevity. The "laser craze" has left some surgeons holding onto vintage "boxes" of dedicated wavelengths, only to see newer wavelengths surface and consumer interest wane. In contrast, the technology of intense pulsed light (IPL) has advantages that I think may benefit an aesthetic surgery practice.

With this technology, the energy source is not limited to a single wavelength but modulated with filters ranging from

515 to 1200 nm. By manipulating fluence, delay time between pulses, pulse duration, and wavelength filter, the chromophore of hemoglobin and melanin can be selectively reduced. By inserting interchangeable filters on the Vasulite HR (Lumenis, Yokneam, Israel), treatment of unwanted hair, leg veins, and photoaging (brown skin discoloration and facial redness) can be accomplished with a single machine. In particular, I have found that photorejuvenation, a process that selectively reduces redness and dyschromia and provides some skin tightening, has made a significant impact on my practice.



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Indications

More than 50% of my patients who have undergone surgi-



Figure 1. A, Pretreatment view of a 44-year-old man who sustained a flash burn on the left side of his face. For the past 2 years he has been applying various bleaching creams and also has had 2 "light" chemical peels. There has been no improvement in the line of demarcation along his neck. His problem is primarily hyperpigmentation with some hypervascularity of his neck skin. **B**, Posttreatment view 6 months after his eighth IPL treatment. Note the gradual blending and elimination of the line of demarcation.