Long-term clinical results of IPL photorejuvenation.

BACKGROUND: Non-ablative photorejuvenation is characterized by the reduction of intrinsic and extrinsic changes in photodamaged skin. Only short-term improvement has been documented previously.

OBJECTIVE: To evaluate quantitatively the short-term and long-term clinical effectiveness of multiple full-face IPL treatments for non-ablative facial photorejuvenation.

METHODS: A total of 47 patients with varying degrees of photodamaged skin and rosaceaal dermatitis underwent a series of four to five IPL treatments with a Vasculight (Lumenis Corp). Treatments were conducted every 3-4 weeks. Photographs were taken at baseline and after the treatment series was completed at both 6 weeks and 6 months. Adverse effects and clinical improvement were documented. A patient satisfaction questionnaire was completed and reviewed at the 6-month evaluation period.

RESULTS: Standardized evaluation of rhytids showed a statistically significant improvement in wrinkles at both evaluation endpoints. Some degradation occurred over time. Facial vascularity, dyschromia, and large pore size progressively improved from the 6-week measurement to the 6-month measurement.

CONCLUSION: This clinical study demonstrates that non-ablative facial rejuvenation is associated with long-term clinical improvement of facial rhytids, abnormal vascularity and pigmentary disorders with minimal risks and side effects to the patient.

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