

## Facial Redness

Facial redness is a result of visible blood vessels through the skin. Natural flushing occurs in times activated by emotions (blushing), or physical exertion. Some redness is persistent and may be related to a combination of increased blood flow and skin transparency. Certain skin conditions, such as rosacea and acne, have increased skin inflammation which result in the effect of increased appearance of redness. Blood vessels may also cluster and form small vascular malformations and appear as brighter spots of redness. The appearance may be addressed with a combination of skin camouflage, laser, and light therapy.

## What Treatment Options Are Available?

To address overall redness from small shallow capillaries, IPL treatment may be used. This is frequently used in rosacea, acne, and occasionally post-procedure to reduce redness.

Larger visible blood vessels benefit from a vascular laser, targeting the hemoglobin in the red blood cells to reduce the size of the vessels.

If the vessels have grown into a raised mound, this may be too large to be effectively treated by laser, and surgical removal similar to a mole removal, may be considered.

At the Ottawa Institute of Plastic Surgery we have IPL and cosmetic surgical treatment available.

## Who Are Good Candidates for Laser and Light Therapy?

Healthy men and women who are concerned about the effects of the sun on their skin, with stable pigmented and red areas. For best results, we recommend that the skin have no tanning in the previous month.

You will need a medical examination to rule out skin cancer, infection, eczema, dermatitis, skin inflammation, or hormone related changes to your skin. If necessary, biopsies may be required to establish the safety of the treatment plan.

Once you have met Dr. Lee and our experts, you will be presented with a customized treatment plan to address your skin redness.

## What Is IPL and How Does It Work?

Intense pulsed light, or IPL, systems produce a broad spectrum of light in a range of wavelengths. These wavelengths are filtered to target blood vessels. They are also customized to suit your skin type. IPL treats the damaged superficial layers of the skin, while delivering thermal energy (heat) to deeper tissues. The treatment is most commonly used to target uneven pigmentation of the:

- Face
- Neck
- Chest
- Arms and hands

At the Ottawa Institute of Plastic Surgery, we use a hybrid technology that combines light energy with radiofrequency energy to selectively heat the deeper dermal layer of the skin, stimulating collagen production. As the new collagen forms, the skin effect is one of thickening and tightening, which have a benefit for fine wrinkles.

## What Does an IPL Treatment Feel Like? How Long Does It Take?

After a mild skin cleansing, your face will be covered by a cool gel. Your eyes are protected with an eye cover. You will sense a bright flash of light and a mild stinging sensation. Most people describe the sensation to be similar to the “snap” of a rubber band. Soothing gauzes soaked in a gentle toner are applied to the area after the treatment.

Generally a full facial treatment takes approximately 30–45 minutes to complete. Larger areas will take longer.