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**TREATMENT OF ACNE VULGARIS WITH  
A VARIABLE-FILTRATION IPL SYSTEM**

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**Background and Objectives:** Treatment of acne vulgaris with intense optical pulses recently emerged as a viable clinical modality. However, optimal spectral, energetic, and temporal characteristics of the treatment regimen have not yet been established. In this study, we investigated safety and efficacy of a variable-filtration IPL system for treatment of facial and dorsal acne. In addition, two different filtration options were compared.

**Study Design/Materials and Methods:** Twenty patients have been treated with EsteLux IPL system (Palomar Medical, Inc., Burlington, MA). Two filtration options were employed: multiple passes with LuxY handpiece (525–1,200 nm spectral range) and multiple passes with LuxV handpiece (400–700 and 870–1,200 nm spectral range) with and without an additional snap-on filter blocking short-wavelength component. Patients received up to five treatments in a 5–15 week period. Follow-up after the last treatment varied between 3 and 6 months. Results were evaluated by blinded pre- and post-clinical photography and acne severity grading.

**Results:** No adverse side effects were observed during and post-treatment. Clinical, significant acne clearance occurred. Secondary effects of acne such as post-inflammatory erythema and/or scarring also improved significantly. Subsequent follow-up observations revealed no or partial recurrence 3–6 months after the last treatment.

**Conclusions:** Variable-filtration IPL is a safe and effective technique for treating acne vulgaris, with multiple-pass LuxV (with and w/o snap-on filter) technique resulting in better clearance.