



BBL BROADBAND LIGHT AFTERCARE AND CONSENT FORM

Procedural Description

BBL is the world's most powerful IPL (Intense Pulsed Light) device on the market. It sets new standards in treating skin conditions associated with aging, active lifestyles, and sun damage. The light energy delivered by BBL will gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate. This process will restore your skin to its natural beauty, making it clearer, smoother, more vibrant, and younger-looking. BBL energy allows your provider to treat age and sunspots, small facial veins, and many other skin conditions. The BBL system produces a broad beam of highly concentrated light energy used to enhance and brighten your complexion by treating skin concerns and stimulating your body's production of collagen. Collagen is a protein that helps give structure to your skin, among other things. Usually, BBL therapy targets your face, neck, chest, arms, and hands, though it's possible to treat all areas. Your aesthetician's treatment plan will be tailored to match your skin type and your desired results.

Before Your Treatment

- ABSOLUTELY avoid any type of sunburn or suntan for 4-8 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4-8 WEEKS BEFORE AND AFTER TREATMENTS.**
- Do not use any self-tanning lotions in the month prior to treatment.
- Stop using Retin-A, Renova, and Differin, for one week prior to treatment.
- Cold Sores. If you have a history of cold sores, please inform your provider so we can see about Rx care. If you have previously suffered from facial cold sores, there is a risk that this treatment could contribute to a recurrence.

What to Expect During Treatment

- Intense burning, redness, warmth, and a sunburned sensation are normal responses following BBL treatments. The discomfort and redness generally last 2-4 hours after the procedure.
- Bruising, redness, and/or swelling are common and will resolve in 3-5 days.
- Applying an ice pack for the first 24 hours and sleeping with your head elevated above your heart in an upright position the first night after the treatment. will help minimize swelling.
- To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post-treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on the aggressiveness of the treatment. Taking arnica, a natural herb can also help reduce and minimize swelling.
- Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for excessive swelling.
- Mineral makeup or tinted mineral SPF may be applied immediately following treatment.
- The treated pigment will turn darker (brown to black) within 24-48 hours.
 - Do not pick at treated areas, as this will most likely cause scarring.
 - Dry areas should be kept hydrated with a moisturizer recommended to you by your aesthetician.

- The treated pigment will slough off the face in approximately 1 week and off the body in approximately 2-3 weeks.
- Avoid sun exposure and use a broad-spectrum sunscreen recommended by your aesthetician.
- Avoid heat, saunas, hot tubs, and sweaty activity for the first 24-48 hours.
- Avoid products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, astringents, etc.) for 7 days after treatment.
- Do not use an electric or manual facial brush of any kind (i.e., Clarisonic or something of the like) for 7 days after your treatment.
- You may resume your regular skincare routine typically 7 days after your treatment.
- We recommend a follow-up with your aesthetician 3 weeks post-treatment.

Post-Treatment Instructions

- Until sensitivity has completely subsided, avoid all of the following:
 - Direct sun exposure for 7-10 days following treatment
 - **Do not** use a scrub, washcloth, or a Clarisonic brush. No aggressive exfoliation.
 - **Do not** use exfoliating products such as retinol, glycolic acid, salicylic acid, AHAs (Alpha-hydroxy acids), and Benzoyl Peroxide for 7-10 days.
 - Hot water – wash with cool or tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities that cause excessive perspiration
- Honey Skincare Studio's Post-Procedure Cream with 1% hydrocortisone and aloe, SkinCeuticals Phyto-Corrective Gel, Phyto-C O-Live Gel, and hyaluronic serums are great additions for healing and are recommended for purchase. Vitamin E, or Aloe Vera applied to the treatment area may also help to provide a soothing effect. Post-treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers, i.e., Extra Strength Tylenol or Advil, may be used.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction. DO NOT PICK.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often, they are lighter in appearance and look somewhat smudgy or less defined.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment or Levicyc spray on the treated area 2-3 times a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact Honey Skincare Studio immediately (703-589-9665). Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sunblock with a protection factor of 40+ and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post-treatment.
- If in the middle of a series of PhotoTherapy treatments, sun exposure should be avoided between treatments by keeping your face out of direct sunlight by wearing a WIDE brim hat AND a sunblock should be used daily and reapplied every 2 hours when outside.

BBL BroadBand Light Consent Form

The nature of the BBL procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of laser resurfacing can have pain, prolonged redness, broken capillaries, white heads & pimples, hyper and/or hypopigmentation, infection, bleeding, scarring, sensitivity, allergic reactions, damage to eyes and/or surrounding structures, burns, dissatisfaction with results, need for further procedures, & unforeseen side effects may occur. I understand that the following are among the expected side effects of the BBL procedure:

Discomfort:

Most people will feel some heat-related discomfort (pain) with the treatment. This discomfort is usually temporary but may persist for 24 hours. I understand that the sensation generated by the light pulse is most commonly described as a rubber band snapping against the skin, and most individuals are able to tolerate this sensation for the short duration of the treatment.

Limitations:

I understand that some rejuvenation is achieved in nearly everyone, but that complete rejuvenation may not occur. Results are limited by the equipment capability as well as personal skin characteristics. My Fitzpatrick skin typing has been analyzed, and I understand that a higher Fitzpatrick typing increases the potential risk of the treatment. Currently, Photo rejuvenation is limited to skin types I- IV. Hormonal therapy and other medical conditions may affect my results. These issues will be discussed at the time my medical history is reviewed. Results are cumulative; therefore a series of treatments is necessary to achieve maximum benefit. Actual results cannot be guaranteed.

Redness and swelling:

Laser treatment will cause varying degrees of redness and swelling in the treatment area. These common side effects (erythema) and redness typically resolve within several hours. Edema (swelling) of the skin may occur and can be minimized by keeping the area elevated & using cool compresses. Typically resolves within a couple of hours to a day; however, both can last for several days.

Blisters:

Mild to moderate blisters developing after the treatment are uncommon but have been reported. If blisters do develop, care should be taken not to disturb them. Blistering should be evaluated by the treatment provider.

Temporary skin dryness:

Temporary mild skin dryness is common after the treatment. Itching sensations often occur if the skin dries or as the old skin is shed and the new skin is formed. If skin dryness occurs, it is normally noticed 3-5 days after treatment and typically resolves within a week. Make sure to hydrate and nourish properly.

Pigment Changes:

During the healing phase, the treated area may appear to be darker. Brown darkening of the skin (hyperpigmentation) and whitening (hypopigmentation) have been noted after treatment, especially with a darker complexion. Pigment changes can occur either following blistering or crusting or because of inflammation during the recovery period. Post Inflammatory Hyperpigmentation (PIH) occurs as a part of the normal skin reaction to injury. The skin functions become hyperactive during the healing process, including cells that produce pigment. PIH occurs more frequently with darker-colored skin, after sun exposure to the treatment area, or with patients who already have a tan. To reduce the risk of PIH, the treated area must be protected from exposure to the sun (sunscreen for 2 months after treatment); however, in some patients, increased skin coloring may occur even if the area has been protected from the sun. This pigmentation usually fades in 3 to 6 months. Hyperpigmentation is very rarely permanent. Your treating provider may recommend topical skin-lightening products to accelerate the return to normal pigmentation levels.

Scabs:

No picking of any micro-scabbing.

Scarring:

Scarring is a rare occurrence, but it is a possibility whenever the skin's surface is disrupted. To minimize the chances of scarring, it is important that patients follow all post-treatment instructions provided by their provider. Good post-treatment care will help reduce the possibility of scarring.

Hypopigmentation:

Lightening or loss of skin pigmentation is very rare, however, it is a possible adverse event, especially in patients with a history of vitiligo or pigmentary disorders.

Infection:

Infection is possible but not common after treatments; herpes simplex virus infections can occur following treatments. This applies to both individuals with a history of cold sores and individuals with no known history. Other signs of an infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, and worsening pain. Should these symptoms occur, the clinician must be immediately notified to prescribe appropriate medical care. Topical and/or oral antibiotics may be necessary.

Allergic Reactions:

Allergic reactions can occur. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to topical ointments/creams. Systemic reactions are rare.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of Laser Treatment of the Skin: allergic reactions, swelling, itching, infection / cold sores, color/texture change, visible skin laser patterns, bleeding, burns, abnormal/slow/delayed healing, scarring, distortion of anatomic features, redness, dry eyes with corneal irritation, eye damage, chronic pain, delay in skin cancer diagnosis, and lack of permanent results or unsatisfactory results, need for further procedures.
- I understand that compliance with pre and post-care instructions is crucial for the success of my laser treatment and to prevent unnecessary side effects or complications.
- During the healing phase, sun exposure can cause darkening of the treated area(s) called post-inflammatory hyperpigmentation, therefore, sun avoidance must be followed. Failure to follow instructions may increase risks. Additional risks include unknown rare risks and the need for additional treatments or surgery. Follow all laser care instructions to minimize the risk of having adverse effects. Although improvement is expected, there is no guarantee or warranty expressed or implied with respect to the results that may be obtained. AVOID SUN EXPOSURE FOR THE NEXT 8 WEEKS.
- I understand that there are many variable conditions that influence the long-term results of laser skin treatments. The practice of medicine and surgery and the subsequent use of lasers is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment, skin care regimen, and other procedures aid in results.
- Financial Responsibilities - This procedure is elective and not medically necessary and, therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

For women of childbearing age:

By signing below, I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
