



BBL™ BROADBAND LIGHT + MOXI™ FRACTIONAL LASER COMBINATION TREATMENT AFTERCARE AND CONSENT FORM

Procedural Description

Combine, correct, and conquer. The combination of BBL™ BroadBand Light photo rejuvenation and MOXI™ Fractional Laser is an unbeatable treatment pairing for total skin renewal. This is the ULTIMATE duo and our most highly-sought after laser treatment. MOXI™ improves the surface and texture of the skin, while BBL™ evens out areas of brown pigment and redness. The combined effect of the two treatments is truly synergistic and will give you exquisite improvement in the quality and appearance of your skin.

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.

The MOXI™ Laser by Sciton is the latest fractionated non-ablative laser treatment to provide a gentle approach to laser resurfacing. MOXI™ was designed with everyone in mind! Designed to treat all skin types and all ages at any time of the year, MOXI™ was created out of a clear and indisputable demand for better preventive skincare treatments. The idea of "prejuvenation" is perfect for those just starting their skincare journey, looking for a light touch-up, or those wanting something more but without downtime. MOXI™ opens the door to a younger patient demographic, as well as those looking to maintain their skin through light revitalization.

The combination of BBL™ + MOXI™ together creates outcomes based on the aggressiveness of the treatment considering your skin concerns, the health of your skin, and your individual healing ability. Due to this, patient response can vary after a BBL™ + MOXI™ combination treatment. Proper preparation for treatment and appropriate aftercare is critical to achieve the best effect while minimizing side effects. Getting these treatments done at once will save you time and give you more noticeable results. However, you should expect your face to be quite sensitive and possibly swollen after the procedure. For that reason, you'll want to be extra careful with your skin and be sure to stay out of direct sunlight, especially if you don't have sunscreen on hand.

Before Your Treatment

- Please discontinue any products containing active ingredients: Benzoyl Peroxide and Retinol (Retin-A, Tretinoin, Vitamin A) 7 days prior to treatment, AHAs/BHAs (Alpha-Hydroxy & Salicylic Acid) 5 days prior to treatment. Avoid Hydroquinone for 3 days before your treatment.

- ABSOLUTELY avoid any type of sunburn or sun exposure 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.
- 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.
- If you have had the medication Accutane or its generic forms within the past year, this treatment is not recommended.
- Please try to arrive at your appointment with a clean face and without makeup.
- Please bring a wide-brim hat with you on the day of your treatment to protect your skin when you leave the office.

What To Expect During Treatment

- **Day 1:** Skin will be pink and flushed after treatment, depending on the intensity of the treatment. Flushing should only last 4-6 hours, and possibly up to 12-24 hours for more sensitive skin types. You will feel a mild burning sensation immediately post-laser that will last 30-45 mins. Immediately after the treatment, swelling is common and expected. Using clean compresses or ice packs will help alleviate the heat sensation and swelling. To avoid further swelling, **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, which is a natural herb, can also help reduce and minimize swelling. Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for excessive swelling. Do not apply makeup preferably for 3-5 days after treatment.
- **Day 2:** Dryness may be more noticeable on the second day and is a part of normal healing. Slight swelling may occur. Apply moisturizing botanical healing serums that can have natural antiseptic properties like hyaluronic, SkinCeuticals Phyto-Corrective Gel, Phyto-C O-Live Gel, and post-procedure botanical oils or moisturizers as often and as much as needed. Keep your skin well moisturized to support the healing process. A post-treatment sheet mask is recommended for 15-20 mins the day after treatment to help with healing.
- **Day 3-5:** The skin can feel dry and have a "sandpapery" texture-like feeling. You will increasingly notice tiny dark pinpoint and bronzed appearance to the treated skin: microscopic columns of wounded tissue which produce scanning patterns visible on the skin called MENDs (microscopic epidermal necrotic debris). This is a part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel. If the face was treated, it could take 5-7 days for the peeling process to be completed. If the neck, chest, or anywhere on the body was treated, this process could take up to 2 weeks. During this time, a slight outbreak of acne or milia is possible. Staying as hydrated as possible usually helps minimize any potential breakouts.
- **Day 5-7:** If not too dry, you can lightly and sparingly incorporate a toner with AHAs/BHAs to help minimize breakouts when most of the pinpoint texture has flaked off. After all the peeling is finished, the skin starts feeling smooth and starts to brighten up 7-10 days after the treatment.

Post-Treatment Instructions

- Until sensitivity has completely subsided, avoid all of the following:
 - Direct sun exposure for 7-10 days following treatment
 - Aggressive exfoliation. Do not use a scrub, washcloth, or a Clarisonic brush.
 - 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
- All your skin care products should be non-irritating and non-clogging for the first week or so after BBL™ + MOXI™ Skin Resurfacing. Do not use products that will cause irritation during this time.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. Allegra is a good option if you want to avoid drowsiness. Do not scratch the treated area as scarring and pigmentation complications can occur. Also do not pick, rub, or force off any skin during the healing process, this could also result in scarring, pigmentation complications, and infection!

- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment or Levicycyn 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.
- Do not use a scrub, washcloth, or a Clarisonic brush. Cleanse areas treated twice daily. Do not use exfoliating products such as retinol, glycolic acid, salicylic acid, AHAs (Alpha-hydroxy acids), and Benzoyl Peroxide for 7-10 days.
- Phyto-C O-live Gel and hyaluronic serums are great additions for healing relief and are recommended for purchase. Post-procedure healing creams and ointments such as Honey Skincare Lab's Remedy and Rescue Kit or Alastin Skin Nectar are also available for purchase.
- Moisturize: Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-clogging, or else you could develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Reapply whenever your skin feels dry.
- Medical-grade Vitamin C serums pair very well with the BBL™ + MOXI™ laser in helping to achieve maximum results. Speak with your provider about finding the right vitamin C product for you.
- If in the middle of a series of BBL™ + MOXI™ 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.
- SUNSCREEN IS A MUST! It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 40 or more. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Practicing diligent sunscreen usage may lower the risk of laser-induced hyperpigmentation. Strictly avoid any sun exposure to the treated area for a minimum of 14 days after the procedure. Preferably a month!
- Resume your normal skin care regimen when your skin is fully healed.
- Avoid strenuous exercise and sweating for 1-3 days after treatment.
- Avoid saunas, steam rooms, and hot baths or showers until redness is gone as they can be excessively drying to the skin.
- Avoid waxing, facials, peels, lasers, and any other abrasive treatments until two weeks after treatment.
- Typically, after the MENDs have fully sloughed off, makeup can be worn.
- Make sure you are drinking at least 6-8, 8 oz. glasses of water a day as your body needs internal nourishment for new cell regeneration.
- Abnormal Healing: If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion,) or any other problems, or if you feel you are having an adverse event, please contact Honey Skincare Studio immediately (703) 589-9665.

BBL™ + MOXI™ Consent Form

The nature of the BBL™ + MOXI™ 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, whiteheads and 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, and unforeseen side effects may occur. I understand that the following are among the expected side effects of the BBL™ + MOXI™ procedure:

Discomfort:

Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary but may persist for a few days.

Limitations:

I understand that some rejuvenation is achieved in nearly everyone, but that complete rejuvenation may not occur. Results are limited by 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 and using cool compresses. Typically, redness and swelling resolve 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 blisterings do develop, care should be taken not to disturb or unroof the blisters. Blistering should be evaluated by the treated provider.

Transient acne flare-ups:

Whiteheads and pimples can occur after the treatment as purging can sometimes happen. It can be easily controlled by homecare products. Consult with your provider on how to manage purging.

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 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) can occur either following blistering or crusting or as a result of inflammation during the recovery period. 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 past 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:
