

## BBL™ BroadBand Light

I, \_\_\_\_\_,  
authorize \_\_\_\_\_, and / or a designated practitioner  
of \_\_\_\_\_ to perform BBL treatments on the  
following area(s) of my body:

I understand that the Sciton BBL is intended for benign vascular and pigmented lesions, and/or permanent hair reduction and that clinical results may vary in different skin types. I understand that there is a possibility of rare side effects such as scarring and permanent discoloration as well as short term effects such as reddening, mild burning, temporary bruising and temporary discoloration of the skin. These effects have all been fully explained to me.

Based on the experience of other physicians we have found that those people who tend to sunburn rather than tan, usually obtain good results on the first and subsequent visits. On the other hand, those who tan more easily tend to have more variation in their results. Some patients in this category will experience partial results and some will experience no improvement at all.

- I understand that the treatment by the Sciton BBL system involves payment, and the fee structure has been fully explained to me.
- I also understand that there are other options for treatment that are available and each of these other options has been fully explained to.

### Photography

I do \_\_\_\_ or do not \_\_\_\_ consent to photographs and other audio-visual and graphic materials before, during, and after the course of my therapy to be used for medical, marketing, and education purposes. Although the photographs or accompanying material will not contain my name or any other identifying information, I am aware that I may or may not be identified by the photos.

I have read and understand all information presented to me before signing this consent form. I have been given an opportunity to have all of my questions answered to my satisfaction. I understand the procedure and accept the risks. I agree to the terms of this agreement.

Patient's Name (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Witness: \_\_\_\_\_

### Phototherapy – BBL™ BroadBand Light

The natural extrinsic consequences of aging on skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. Some skin defect consequences may arise from intrinsic hormonal factors that create an over production of melanin as in melasma or hereditary factors that produce more vessels. Phototherapy involves the reduction of these signs of aging and skin defects using non-invasive pulses of BroadBand Light (BBL).

If brown spots are the target, BBL penetrates the skin to reach the melanocytes. The particles of the cells left behind will peel or slough off within 7-14 days.

If redness is the target, blood vessels in the deeper layers of the skin absorb the light and the heat created by the light damages the vessels. The vessels are shut down and the body continues to absorb the destroyed vessel remnants.

There is no recovery time and a low risk of complications with Phototherapy treatments. Multiple sessions are performed every 2-4 weeks until the desired result has been achieved.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all of the following:
  - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or cold water - wash with tepid water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine
  - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling.
- Vitamin E or Aloe Vera applied to the treatment area may 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.
- 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.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice 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** the office immediately. Keep the affected area moist and avoid direct sunlight.

- Strictly avoid any sun exposure to the treated area for a minimum of 7 - 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, 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 and a sunblock should be used on a daily basis.

Subsequent treatments are based upon your clinician's recommendation and are typically 2-4 weeks apart.

Patient signature \_\_\_\_\_

Date \_\_\_\_\_ Patient ID# \_\_\_\_\_ Witness \_\_\_\_\_

## CONGRATULATIONS...

**You have decided to take the light approach to beautiful and younger-looking skin!**

*BBL™ is a proven patient favorite to achieve beautiful skin!*



BBL delivers light energy to gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate. In addition, the light energy penetrates deep into the skin to boost your body's natural ability to fight the appearance of aging. The result? Skin that's naturally beautiful and visibly younger looking, year after year!

**These pre- and post-care instructions are intended to guide you through the treatment process and get you on your way to naturally beautiful skin!**

### What To Do Before Your Treatment?

- Use sunscreen and physical sun protection.
- Avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports outdoors.
- Inform your BBL clinician if any physician has ordered Accutane for you in the last 6 months.
- Inform your doctor of any medical conditions or medications you are taking that might sensitize you to light, affect wound healing or affect coagulation.

### What To Expect During Your Treatment?

- The procedure is typically gentle and safe.
- There is no need for a topical anesthetic, however, your clinician may choose to use it.
- Your eyes will be protected with safety shields or glasses.
- You may briefly feel a warm or rubber band snap sensation as the light is absorbed.

### What To Do After Your Treatment?

- You may experience some redness in the treatment area that should resolve within a few hours.
- You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- Follow your clinician's aftercare plan until skin is completely healed – typically one week after the treatment. The skin on your body might take longer to heal, compared to your face.

There is virtually no downtime after this non-invasive and gentle procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately.

\* Ratings from June 2018.

Sciton contracts with RealSelf and RealPatient Ratings but has no interaction with doctor's patients who post on these websites. Sciton does not incentivize doctor's patients to post reviews or control the content of same. All reviews are unedited by Sciton and reflect the opinions and outcome descriptions of the authors.

# Skin Typing Matrix

Name: \_\_\_\_\_

Please answer the following questions by circling the number which best describes you. Your clinician will total your score during the consultation.

**My ethnic origin is closest to:**

Very fair (Celtic and Scandinavian)	_____
Fair-skinned Caucasians with light hair and light eyes	_____
Pale-skinned Caucasians with dark hair and dark eyes	_____
Olive-skinned (Mediterranean, some Asian, some Hispanic)	_____
Dark-skinned (Middle Eastern, Hispanic, Asians,)	_____
Very dark-skinned (African)	_____

**My eye Color is:**

Light blue	0
Blue / Green	1
Green / Gray / Golden	2
Hazel / Light brown	3
Brown	4

**My natural hair color at age 18 was:**

Red	0
Blonde	1
Light brown	2
Dark brown	3
Black	4

**The color of my skin that is not normally exposed to sun is:**

Pink to reddish	0
Very Pale	1
Pale with a beige tan	2
Light brown	3
Medium to dark brown	4
Dark brown - black	5

**If I go out into the sun for an hour or so without sunscreen and have not been out in the sun for weeks, my skin will:**

Burn, blister and peel	0
Burn, then when burn resolves there is little or no color change	1
Burn, but then turns to tan in a few days	2
Get pink, but then turns to tan quickly	3
Just tan	4
Just gets darker	5
My skin color is so dark I can't tell	6

**When was the last time the area to be treated was exposed to natural sunlight, tanning booths or artificial tanning cream?**

Longer than one month ago	0
Within the past month	1
Within the past two weeks	2
Within the past week	3

**If your score is:**

**0 – 3**

**4 – 7**

**8 – 11**

**12 – 15**

**16 – 19**

**20 – 24**

**Your skin type is:**

**1**

**2**

**3**

**4**

**5**

**6**

**Total Score:** \_\_\_\_\_

**Additional skin response questions:**

- If you sustain an injury to your skin such as a cut , burn, or bruise, how long does it take to fully resolve without any hyperpigmentation?

\_\_\_\_\_

- What happens if you get an insect bite?

\_\_\_\_\_