

Information / Instructions for Broad Base Light (BBL™) / [aka Intense Pulsed Light (IPL)] Treatment

BBL produces a very short burst of intense but gentle light. Unfiltered BBL contains many different colors (wavelengths) of light. Via filters (used to mimic lasers), we select the appropriate color/s that are preferentially absorbed by BBL responsive lesions/conditions. Absorption causes "selective photothermolysis" or selective heat damage to these targets / conditions, resulting in clinical improvement. Although results vary, especially with skin type; most achieve improvement and satisfaction. BBL is used to reduce and / or treat the following conditions: Vascular lesions/conditions [i.e. rosacea, redness/flushing, small (dilated/visible) veins (telangiectasias), red spots (hemangiomas), port wine stains/birthmarks, poikiloderma (a red/brown/white sun damaged condition of neck and/or chest, and burn erythema (redness)]; Pigmented lesions/conditions [i.e. age spots, freckles (solar lentiginos), café' au lait macules, other brown spots, and hyperpigmentation]; And a variety of others, including sun damage / improve skin tone (SkinTyte™), acne, enlarged pores, stretch marks, and remove unwanted hair.

Although one treatment is beneficial, a series of treatments is usually recommended. Multiple treatments (3-6) may be necessary over 2-4 week intervals. For permanent hair reduction/removal, 4-8 week intervals are recommended (Avoid waxing/plucking for 2 weeks before and throughout treatment course). For acne, 1-2 week intervals are recommended. For skin/tissue tightening with SkinTyte™, 2-3 or more treatments at 2-4 week intervals is recommended. After initial treatment series, periodic maintenance may be advised (depending upon condition/s treated).

The BBL light pulse is often described as a wave of heat with the sensation of a pinprick. A topical anesthetic may be desired / necessary. (Tightness of treated areas may be noticed immediately after treatment with acne BBL treatment protocols.) (Darkening of pigmented lesions with mild redness, followed by scaling/flaking off within 2 weeks usually occurs with pigmented lesion BBL treatment.) Otherwise, the treated area/s may be more red or discolored immediately afterward for up to several hours or more after treatment. A mild sunburn sensation may be noticed as well. Patients should not experience significant discomfort after treatment. In general, improvement is progressive and gradual, occurring over 2-8 weeks after each treatment, depending upon condition treated. Occasionally, focal to extensive purpura (bruising of red-purple color) is present, which will last or gradually fade over 5-10 days or sometimes more. While BBL usually leaves the overlying skin intact, avoid manipulating the treated area for the first week.

Adverse/Side Effects / Risks: Most are rare to uncommon, but can occur. Failure to comply with instructions may increase the complication potential.

1. Scarring (which may be itchy and/or painful), though rare, can occur following any intense pulsed light procedure. (Blistering / Crusting with or without procession to scarring likewise is rare, but can occur.)
2. Abnormal pigmentation / pigmentary changes: Hyperpigmentation (skin darkening) or hypopigmentation (skin lightening) may occur; darker skin types are at higher risk of this complication, which usually resolves spontaneously over 3-6 months or more, but not always.
3. Hives/Urticaria-like response (swelling) usually at treatment site, which usually resolves spontaneously within a few hours, but may persist longer.
4. Infection or Allergic reaction
5. Undesired hair removal (if treating for conditions other than hair removal).
6. BBL/laser energy can harm exposed/unprotected eyes. We will provide you with protective/safety eyewear or eyeshields to be worn during treatment.
7. Failure of condition / lesion/s to respond to patient satisfaction.

Alternatives to BBL (depending upon the condition) include (but are not limited to): other surgical modalities, laser, peels, cryosurgery, medicines and/or topical programs. Although effective in most cases, no guarantees can be made.

Contraindications (i.e. patients who are not good candidates) to BBL treatment may include (but are not limited to) those patients who:

- ◆ are sensitive to light or take medication that is known to increase sunlight sensitivity, such as **Accutane** and **Gold** therapy
- ◆ have a seizure disorder triggered by light
- ◆ are sunburned or suntanned or have a very dark skin color (black skin color / i.e. Fitzpatrick skin type 6)

Pre-BBL Instructions

Avoid sun exposure, tanning beds & creams for 2-4 weeks prior and throughout BBL treatment course; (no suntan).

If unavoidable, treatments sessions may need to be increased due to reduced fluence (i.e. energy) settings or even cancelled if recently exposed.

Do not use **aspirin**, **ibuprofen**, **vitamin E**, **ginkgo** or **alcohol** for at least 1 week before and for the first 2 days after treatment (of vascular targets).

Post-BBL Care Instructions

- ◆ Apply a **soothing ointment** or **Aloe Vera** as needed to treated area/s to prevent drying and for soothing effect. (e.g. **Complex Cu3 Intensive Tissue Repair Crème**, **Vanicream**, **Biafine**, **Elta**, **Eucerin**, **Aquafor/Hydrofor**) If the treated area scales or scabs up, apply a thin coat of antibiotic ointment (i.e. **Bacitracin** or **Polysporin**) to the treated area twice daily for 7 days, or until the surface looks healed. Cover with **Telfa** non-stick gauze (or similar) as needed. Change daily.
- ◆ Do not rub, scratch, or pick the area(s), as treated area/s is/are or maybe more fragile for up to several days or more after treatment. Makeup is permitted immediately after treatment (as long as skin is intact), but be very gentle when applying or removing it.
- ◆ You may get the treated area wet, but be very gentle when drying it. Pat dry after showering. Quick, warm showers are preferred. Swimming/saunas/hot tubs/exercise are generally permitted after 1-2 days or once all crusts (if any) have fallen off (usually, 5-10 days).
- ◆ Avoid/minimize sun exposure, as best as possible, for 2-4 weeks before and after treatment and throughout treatment course. Wear protective clothing (hat, etc.) and a broad spectrum (UVA/UVB), high SPF (at least SPF 30) sunblock. (e.g. **Vanicream 35** or **60**) to protect the treated area from direct sun exposure. Apply after any other topicals.
- ◆ You may help relieve any swelling by applying an ice pack wrapped in a soft cloth 5-10 minutes / hour for several or more hours.
- ◆ Take Tylenol or another pain reliever that contains no aspirin or ibuprofen, if needed.

PRECAUTIONS

- ◆ If the treated area becomes increasingly tender, red, swollen and/or purulent or itchy contact our office immediately as this may represent an infection or allergic reaction that may require treatment.
- ◆ Please inform us of any areas with artificial/permanent make-up or tattoos as we usually try to avoid these areas.

Concurrent Procedures: BBL may be combined with **MicroLaserPeels™** / Fractional Resurfacing (**Profractional-XC™**), **Botox** and/or **Dermal Fillers**.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US (Robert B. Strimling, MD & Associates at 702-243-6400).

Broad Band Light (BBL™) INFORMED CONSENT FORM
For Acne, Hair Removal, Vascular/pigmented Lesion Reduction, Photofacials, &/or Skin/tissue tightening (SkinTyte™), etc.

The Sciton BBL source we use emits an intense beam of light which penetrates the skin and exerts a "selective photothermal effect" upon its target. This heats superficial and/or deeper targets so precisely that normal surrounding tissue is minimally affected.

BBL is used to reduce and / or treat the following conditions:

Vascular lesions/conditions [i.e. rosacea, redness/flushing, small (dilated/visible) face&/or leg veins (telangiectasias), red spots (hemangiomas), port wine stains/birthmarks, poikiloderma (a red/brown/white sun damaged condition of neck and/or chest, and burn erythema (redness)];

Pigmented lesions/conditions [i.e. age spots, freckles (solar lentiginos), café' au lait macules, other brown spots, and hyperpigmentation];

And a variety of others, including sun damage / improve skin tone (SkinTyte™), acne, enlarged pores, scars/stretch marks, and remove unwanted hair.

Although BBL is effective in most cases, no guarantees can be made that a specific patient will benefit from treatment.

Many/most conditions for which BBL are useful need a series of treatments to reach the desired or optimal improvement, from one to six or more.

Some lesions/conditions lighten/improve, but do not completely disappear. Other lesions/conditions may respond minimally or not at all to this treatment.

After an initial treatment series, periodic maintenance treatments are recommended for many / most conditions (per Dr.).

What are the possible side effects and complications of BBL treatment?

1. Pain/Discomfort - BBL causes mild discomfort. Patients describe a BBL pulse as feeling like "being snapped with a rubber band", or like the slight sting of a mosquito bite. Most patients tolerate treatment with no need for anesthesia. Mild short term post-BBL discomfort may occur.

2. Blistering / Crusting of the Healing Wound - Rarely, a blister, crust, or superficial wound forms which requires care.

This crusting does not mean infection. Apply a topical antibiotic ointment like Bacitracin or Polysporin until healed; usually, within 5-10 days.

3. Pigment Changes

Treated areas may heal with temporary increased pigmentation (aka hyperpigmentation, i.e. skin color darkening), particularly in darker skin types.

We advise avoiding direct, unprotected (i.e. without using a full strength (SPF 30 or >) sunblock) sun exposure of the treated sites.

Swimming in chlorinated water is permitted once any scabs have fallen off (5-10 days). Even with precautions, however, some patients

develop hyperpigmentation. When this happens, the skin usually returns to normal color in 3-6 months; rarely are pigment (color) changes permanent.

A few patients may notice instead a decrease in skin color (hypopigmentation), usually after repeated treatments to the same area and more commonly again in darker skin types than in lighter complexions.

4. Bruising - (Vascular lesion targeted) BBL treatment may cause a focal to generalized purple bruising called purpura in the treated area(s).

(Rarely, other filters may do so as well.) This may last 5-10 days or sometimes more. Make-up may be applied immediately after BBL, if so desired.

When purpura disappears, the treated area(s) may still be visible; lightening may continue for up to 6-8 weeks after the treatment,

so the full effect of treatment cannot be seen until then. Short term redness (without bruising) of several hours or more may occur.

5. Swelling / (Hives/Urticaria-like response) - After BBL treatment, the skin may slightly swell, especially skin of the eyelid, cheek or nose.

Ice packs help to reduce this. (5-15 minutes per hour for several hours or more as needed.) Swelling is normal and does not mean infection or scarring.

6. (Temporary) Skin Fragility - Treated areas should not be rubbed or picked. Makeup may be applied at once; however, remove it gently.

7. Unwanted Hair Reduction / Removal (if treating for conditions other than hair removal)

8. Infection / Allergic Reaction

9. Scarring - Because BBL emits light which penetrates the skin and is "specific for" (i.e. specifically absorbed by and damaging to)

the abnormal or desired targeted lesions/conditions and/or tissues; minimal damage to surrounding skin occurs and scarring is rare

and less likely than other more older removal techniques.

To minimize any chances of scarring, we advise careful adherence to all postoperative instructions.

10. Eye Protection - BBL can harm exposed eyes. We therefore provide safety eyewear, which must be worn at all times while the BBL is used.

I understand that this treatment involves payment, and the fee structure has been fully explained to me.

I acknowledge that I have read and understand "Information/Instructions of BBL Treatment" and this foregoing "BBL Informed Consent Form",

and that I feel I have been adequately informed of the risks of BBL therapy as well as alternate methods of treatment;

and that all of my questions have been addressed and answered to my satisfaction.

With this in mind, I hereby consent to BBL therapy, performed by Dr. Strimling and/or his associates / assistant(s).

I do do not give permission for photos and other audio-visual / graphic materials (which will belong to the physician) to be used by the physician or Sciton, Inc. for educational, marketing and/or scientific purposes. Although the photos 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 this agreement and all of my questions have been addressed and answered to my satisfaction. I agree to the terms of this agreement.

_____ Patient's Name	_____ Patient's Signature	_____ Date
_____ Patient's Representative (if signature of parent or guardian is needed)	_____ Relationship to Patient	_____ Date
_____ Witness		_____ Date