

The uRepublic guide to BBL Photo-rejuvenation.

In many ways, the effect of BBL photo-rejuvenation is similar to a laser, except this method uses a range of light wavelengths instead of the single wavelength characteristic of lasers. That's because different skin structures, such as capillaries or pigment spots, absorb light energy at specific frequencies or wavelengths.

Photo-rejuvenation using the infrared range can also be used to give a more general heating of the collagen layer, which produces a light contraction or tightening of the skin around lax areas such as the face, neck, arms and abdomen.

What is the difference between IPL/ BBL and Lasers?

Lasers utilise a single wavelength to deliver the energy to skin targets. IPL or BBL uses a spectrum of wavelengths. Lasers have a reputation of precision and power and are established modalities in cosmetic dermatology. Early IPL/ BBL were dogged by technical and procedural issues that limited its effectiveness. Later generation IPL/ BBL are at least as good if not better than their Laser counterparts. Not surprisingly, IPL/ BBL and Lasers share a similar side effect profile.

What can photo-rejuvenation do for me?

Blood vessels & facial redness

- Reduces and eliminates broken capillaries
- Facial redness may be the result of thousands of fine broken capillaries that when treated will lead to reduction in the appearance of facial redness
- Leads to less facial flushing and burning

Pigment/ brown spots

- Freckles, liver spots, age blemishes
- Face, neck, v-chest and hands commonly affected areas

Skin tightening

- Subtle tightening of face, jaw-line, jowls, chin and neck
- Other areas – arms and abdomen

What does the procedure involve?

No anaesthetic is required as there is a cooling plate that protects the skin and also reduces the treatment discomfort. If required, cream anaesthetic may be applied 30 minutes before the procedure. Protective eyewear is required during the procedure as the reflected light can be very bright. Even with eye protection the BBL flashes may seem bright but this is safe and will not harm your eyesight in any way.

A cool gel will be applied to the skin to facilitate skin contact of the handpiece. When the device fires, there is a bright flash followed by a brief stinging pain similar to a rubber band flick. This is followed by a mild burning sensation that may last for a few minutes. Super-chilled air is used to cool the skin during the procedure to minimize any discomfort.

Up to 3 treatments are necessary for best results, usually spaced a month apart. Additional treatment sessions will lead to further improvement in the complexion.

What is photodynamic BBL and what is it good for?

Photodynamic BBL uses a light-sensitive lotion to further enhance the effects of BBL/ IPL. The light sensitive lotion used in this procedure is amino-levulinic acid or ALA for short. This procedure is also known as ALA-BBL. Photodynamic BBL can enhance treatment results for pigmentation, blood vessels/ broken capillaries and the photorejuvenating effects of BBL in general.

A unique aspect of photodynamic BBL is its effectiveness in gently treating sun-damaged skin and reducing the risk of skin cancers. Photodynamic therapy using ALA with a light source is an established method of treating certain skin cancers in dermatology. However, if you have any possible skin cancers, these should be properly diagnosed and treated and it should not be assumed that the photodynamic BBL used here is adequate treatment for skin cancers.

The benefits of photodynamic BBL:

- Improves pigmentation
- Improves redness and capillaries
- Improves skin complexion
- Improves skin health
- Reverses sun damage and reduces the risk of developing skin cancers

Photodynamic BBL involves applying a layer of ALA lotion or cream to the treatment area (face, chest or arms) for 30-60 minutes. As the ALA is activated by light, you need to stay indoors. The ALA treatment is usually introduced on your second or third BBL session rather than on the first treatment session as this gives your skin time to respond. It is recommended that you avoid the sun for the next 48 hours, as the treated areas of your skin may remain light sensitive for 1-2 days after.

The addition of photodynamic ALA to BBL will increase the redness and swelling post-BBL, for 1-2 days longer. There may also be additional flaking of the skin for several days after – a good sign that the treatment is working well and the unhealthy skin is being shed. Most of the changes will be from the BBL treatment rather than from the addition of the ALA. All these changes are typically similar to a sunburn and do not need to be camouflaged.

What happens after treatment, and how long will the results last?

The treated area will be red and slightly sensitive for a few hours. Make-up may be applied if desired. Occasionally this may be accompanied by swelling (especially around the eyes) and/or mild point crusting that will settle within 1-2 weeks.

Treated vessels may darken which is a good sign but is not necessary for the treatment to be effective. Most of the treated vessels will disappear although some may return after 24 hrs, indicating a need for further treatment. The treatment results are long lasting but new vessels may occur naturally, or as part of the underlying rosacea process, requiring maintenance treatments years later.

Treated pigment will darken indicating that the treatment has worked. These pigmented spots will further darken in the next few days and gradually work their way up the skin and be expelled after 7 days. Sun avoidance is crucial to keep the pigment away. In Australia, the rate of pigment recurrence is higher because of the higher level of UV exposure.

What are the unwanted side effects of photorejuvenation?

Side effects are uncommon with newer generation devices.

However, the following may occur:

- Burns to the skin leading to significant crusting
- Alteration in pigment – darker or lighter
- Darker skinned individuals or those with recent tanning are at greater risk of developing both increased or decreased in pigmentation after treatment
- The alteration in pigment after treatment may either be temporary or rarely, permanent
- Scarring and indentations may occur as a result of burns (extremely rare)

Is everyone suitable for photorejuvenation?

We do not treat:

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Current significant skin disease / infections such as cold sores at the site of treatment
- History of keloid scarring (special precaution in high risk areas)
- History of light sensitivity including connective tissue disorders, lupus, porphyria
- Patients on medication that causes sensitivity to light
- Any emotional, mental or medical condition that may impair judgment

Procedural consent for BBL Photo-rejuvenation.

Before you undergo BBL photo-rejuvenation, make sure you have read and fully understood the background information on the procedure. To get the most out of it, you need to understand the nature of the procedure, the associated benefits and risks, as well as the available treatment options.

Photos are routinely taken before treatment as a visual record. These may be used for teaching purposes and may be shown for scientific purposes including publications in medical journals. There will be no identification of the images, and they will remain the property of uRepublic.

For best results, it is necessary to have the full series of pre-determined treatment sessions (at least 3 sessions). In a minority of patients, the photorejuvenation procedure may not work satisfactorily or may not last for the expected period of time. As it's not possible to predict a less-than-perfect response, uRepublic is unable to guarantee expected outcomes.

By signing the informed consent, you acknowledge that all the above issues relating to the procedure have been addressed; and that you've been given ample opportunity to ask questions and raise any concerns relating to the procedure.

Name of patient

Signature

Date

Witness