



# AFFILIATED TROY DERMATOLOGISTS

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## Consent form

### Acne Treatment – BBL™ Broad Band Light

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

BBL (Broad Band Light) for the use in Acne Treatment utilizes light to destroy or minimize P. acnes bacteria, reduce inflammation, and minimize over production of sebaceous oil glands. This therapy may utilize multiple BBL filters (420 nm, 560 nm, 590 nm) to target selectively the P. acnes bacteria and sebaceous oil glands. The goal is to pack the skin with light to impact the entire pilosebaceous unit.

#### Review of facts about light therapy

- BBL selected filters: 420 nm, 560 nm, 590 nm for the treatment of acne:
  - The 420 nm filter (blue light) is effective in targeting porphyrins. The porphyrins are produced by the Propionibacterium acnes bacteria (P. acnes). The blue light will cause photo excitation of these P. acnes porphyrins after exposure to the light. This process forms singlet oxygen within the microorganism itself, leading to the selective destruction of the bacteria.
  - The addition of the 560 nm filter (yellow light) is effective in treating mild to moderate inflammatory acne lesions.
  - The addition of the 590 nm filter (red light) is effective in treating the deeper lesion that is impacted by the sebaceous oil gland. The red light is heating the gland to aid in minimizing its production of oil.
- Multiple consecutive sessions will be needed to reduce acne and the severity of lesions. Treatment schedule: 6 number of sessions are necessary as part of the acne therapy program.
  - Pre- and post-care requirements and instructions must be followed.
- Approximately, a 40-80% reduction in the number of lesions and the prevention of new lesion formation is the expectation from the treatment course.
- Light from BBL is an intense burst of light and even though the special safety eyewear is in place, you will sense light emanating from the treatment area.
- The sensation of light may be uncomfortable in certain areas and feel like pin pricks or bursts of heat. Usually the use of topical anesthetic is avoided in light-based acne procedures. The use of topical anesthetics is at the discretion of the practitioner as there are known severe allergic reactions to ingredients in topical anesthetics.

### Common side effects and risks

- A mild sunburn-like sensation is expected. It may last from 2 hours to 24 hours.
- An initial flare-up of acne in the first and second session. This usually subsides with each session. If some of the blemishes form scabs, do not pick, scratch, or remove.
- Erythema (redness) in the area of treatment. This may last several hours. Edema (swelling) of the skin in the treated area. Urticaria (itching) or hive-like appearance is also associated with the thermal light affecting the surrounding skin. Purpura (bruising) is seen when a blood vessel bursts. These symptoms usually subside in a few hours. A cool compress placed on the area provides comfort. The treated area should be cared for delicately for at least 12-24 hours. Limited activity to reduce excessive perspiration may be advised as well as no hot tub, steam, sauna, or shower use.
- A blister can form up to 48 hours after treatment. An antibiotic cream or ointment can be used. Other short-term effects include bruising, superficial crusting, and discomfort.
- Hyperpigmentation (browning) and hypopigmentation (lightening) have been noted. These conditions usually resolve within 2-6 months, permanent color change is a rare risk. Vigilant care must be taken to avoid sun exposure (tanning beds included) before and after the treatments to reduce the risk of color change. Sunscreen and / or sun block should be applied when sun exposure is necessary.
- Infection is not usual after treatments; however herpes simplex virus infections around the mouth can occur following treatments. This applies to both individuals with a past history of the virus or individuals with no known history. Should any kind of infection occur, your clinician must be notified to prescribe appropriate medical care.
- Allergic reaction is uncommon from treatment. Some persons may have a hive-like appearance in the treated area as discussed above. Some persons have localized reactions to cosmetics or topical preparations. Systemic reactions are rare.

- ☐ The potential benefits have been explained of Acne Treatment by BBL along with alternative methods, I choose to have BBL Acne Treatment.
- ☐ I understand that compliance with pre and post care instructions is crucial for success of Acne Treatment and to prevent unnecessary side effects or complications.
- ☐ I understand that the acne therapy involves payment, and the fee structure has been explained to me.

### 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.

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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: \_\_\_\_\_