



BroadBand Light (BBL) – Frequently Asked Questions:

What is BBL BroadBand Light?

BBL is an innovative light-based technology that sets new standards for treating skin conditions associated with aging, active life-styles and sun damage. BBL light energy allows Dr. Markey to design treatments personalized for your skin and precisely treat age and sun spots, small facial veins, and many other skin defects. BBL phototherapy is noninvasive so you can receive comfortable and effective treatments to fit your schedule, even on a lunch break.

How does it work?

BBL deposits pulses of light energy that gently heat the upper layers of skin. Within the skin, the light energy is absorbed by targets, such as fine, broken vessels that cause redness and brown spots or pigmented lesions that are caused by an overproduction of melanin. This scientific and biological process destroys the target, eliminating it from the skin and restoring it to its natural beauty, blending its natural tones, making it more vibrant and youthful in appearance and touch.

What conditions can be treated with BBL?

- Pigmented Lesions (e.g., freckles, age spots, melasma)
- Vascular Lesions (e.g., small blood vessels, rosacea and other micro-capillary flushing conditions)
- Acne
- Skin laxity
- Uneven Skin Texture
- Unwanted Hair

What areas can be treated?

Any area of your body can be treated. The most popular treatments are on the face, neck, back of the hands, chest and shoulders.

What is BBL (BroadBand Light) for hair reduction?

BBL is an innovative light-based technology that utilizes pulses of light energy to gently penetrate into the skin and specifically target, disable and destroy unwanted hair follicles. It works by delivering photothermal energy specifically and precisely to the hair follicles. By selecting the appropriate wavelength for hair reduction (e.g. 590 nm, 640 nm, or 695 nm), your clinician will be able to tailor the treatment to your skin type in order to achieve optimal results.

BBL selectively heats the full length of the imbedded hair follicle, cutting off its supply of nutrients and disabling its growth. Hair cells that are in the *anagen*, or growth phase, of development are most prone to photothermal energy. There are four phases to hair growth – *anagen*, *catagen*, *telogen* and *exogen* – and because all every hair follicle in the treated area are not always in the anagen stage at one time, multiple treatments must be given over



time to achieve the full effect. Dr. Markey and his staff will design the best treatment series customized for each patient.

What other non laser & light-based treatments are available for hair reduction?

Waxing, shaving, and the use of depilatory creams are well-established methods for hair reduction, albeit temporary. Electrolysis is another traditional tried-and-tested method for permanent hair reduction. However, many patients found this to be time-consuming and uncomfortable and further research was warranted. Currently the most popular and effective method for hair reduction is the use of lasers or intense pulsed light (IPL), which are designed to damage and destroy many hairs at once, delivered in a brief period of time with reduced side effects. People are interested in laser or light hair reduction because the end results are consistent and predictable within a reasonable time frame.

Can tanned skin be treated?

An active tan from the sun or tanning beds is not appropriate for treating with BBL. Tanned skin contains dermal pigment, or *melanin*, that may also absorb the BBL light energy intended for the hair follicles. It is recommended that a person does not have sun exposure in the area to be treated for a period of 3 weeks prior to treatment with BBL. Self-tanners must be faded from the skin for at least a week to 10 days prior to treatment. Discuss with your clinician the possibility of tanning during your series so that a safe regimen can be created.

How many treatments will I need?

The number of treatments needed varies from patient to patient and on the specific treatment goal (e.g. BBL hair reduction, blemish removal, skin tightening). Your clinician may also combine your treatment with other popular aesthetic procedures to further enhance the outcome.

What will happen during the procedure? Will it be uncomfortable?

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 by the targeted areas. Your procedure may take a few minutes to half an hour depending on the size of the area to be treated and the type of procedure performed. The procedure is gentle, noninvasive, and safe. Generally, there is no need for a topical anesthetic but Dr. Markey may choose to use it on more sensitive areas. Dr. Markey will discuss all the appropriate options with you.

What should I expect after the treatment?

You may experience some redness that should resolve within a few hours. Pigmented lesions will darken and gradually flake off and fade over the next 7-10 days. Often your treated skin will feel smoother, fine lines and pores begin to be less noticeable, and sunspots or uneven pigmentation will fade. Results depend on your skin’s condition, the number of treatments, and the area treated. Your clinician will provide you with complete information about the post treatment care and results.

What areas can be treated?

BBL hair reduction offers patients a safe, fast, and effective alternative for dealing with unwanted hair. BBL is safe to be used on any part of the body (e.g., face, neck, underarms, bikini line, legs, arms).

How long will it take to recover?

Your healing time will depend upon your actual treatment. In most cases, there is virtually no downtime and you may resume daily activity immediately. You may experience some redness after the procedure. You may note



temporary changes in your skin color, especially in darker skin tones. Results depend on your skin condition, the number and consistency of treatments, and the area treated. Dr. Markey will provide you with complete information about the post treatment care and results.

What aftercare do I need?

Please read and follow the attached written instructions regarding BBL and laser rejuvenation. You may be given some skin care products and instructions on how to use them. If you must go outdoors, it is recommended that you cover your treated skin and use sun protection with a minimum of SPF 30.