

# ST LEONARDS DERMATOLOGY AND LASER

## SCITON

### BROADBAND LIGHT THERAPY (BBL) FOR PERMANENT HAIR REDUCTION.

Hair revolves through three phases of growth:

**Anagen** : is the growing phase and it is only during the growing phase that hair reacts to intense pulsed light. The goal in hair removal is for light to penetrate to the depth of the hair follicle to achieve long-term results. The hair grows in both directions, upward and downward. Early anagen is when the bulb is closest to the surface of the skin allowing for the most efficacious treatment.

**Catagen** : Brief intermediate phase between anagen and telogen. This is the phase whereby the body absorbs the lower third of the follicle, usually is measured in weeks.

**Telogen** : is the resting phase. The hair bulb is no longer present, it is a club hair which will fall out or be pushed out of the follicle by a new anagen growing hair. Usually takes weeks/months.

Results vary with each individual. The BBL can only eliminate hair that is currently in an anagen growth cycle. Multiple treatments are necessary over a time span of 6-8 week intervals to remove hair from most areas. Final results may not be apparent for several months post treatment.

The profile BBL has the ability to select a pulse width that uniquely targets structures of the size of a hair follicle and bulge without stimulation of the melanocytes, and also to cool and protect the epidermis and dermis with a controlled, adjustable, and reliable cooling system, which allows treatment of most skin types.

## **Contraindicated for those patients who are:**

- . Hypersensitive to light.
- . Take medication that is known to increase sensitivity to sunlight, such as Roaccutane and gold treatment therapy.
- . Have seizure disorder triggered by light.
- . Have suspicious pigmented lesions.
- . Have **very recent sun exposure or tanning**.

## **On the day of procedure:**

Sun exposure may result in cancellation of treatment.

Shave the area to be treated 24 hours prior to treatment

The BBL pulse can be described as a wave of heat, with the sensation of a pin prick. The cooling device is effective in pain reduction during the treatment.

## **Post treatment :**

Erythema/follicular edema maybe seen 4-6 hours following the BBL treatment. Similar to a razor burn or rash in appearance .

You should not feel any significant discomfort after treatment. Hair may appear to grow for several days post treatment as the hair is extruded. Hair should spontaneously fallout about day 4-14.

Shaving of the area, **but not plucking**, is allowed between treatments.

Ice packs maybe used for any discomfort following treatment.

A sample cleanser, moisturiser and sunblock will be given to use in the immediate period.

Sun avoidance is necessary following treatment and a sunblock 30 used 15 minutes prior to entering the sun.