



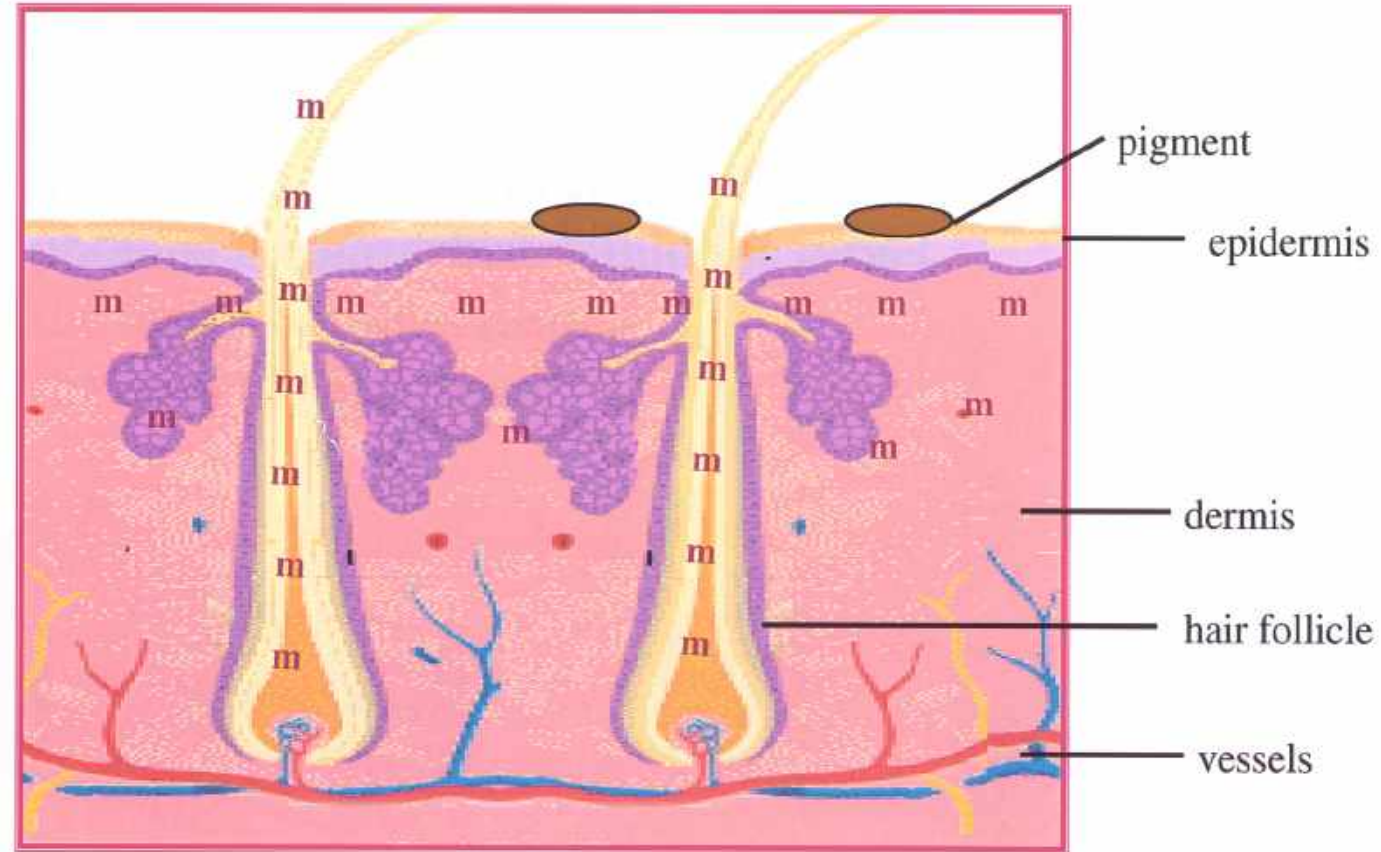
INTENSE PULSED LIGHT

CLINICAL PRINCIPLES

1. Indications for treatment
2. Treatment basics step by step
3. Contraindications and precautions
4. Managing complications and side effects

Target Depths

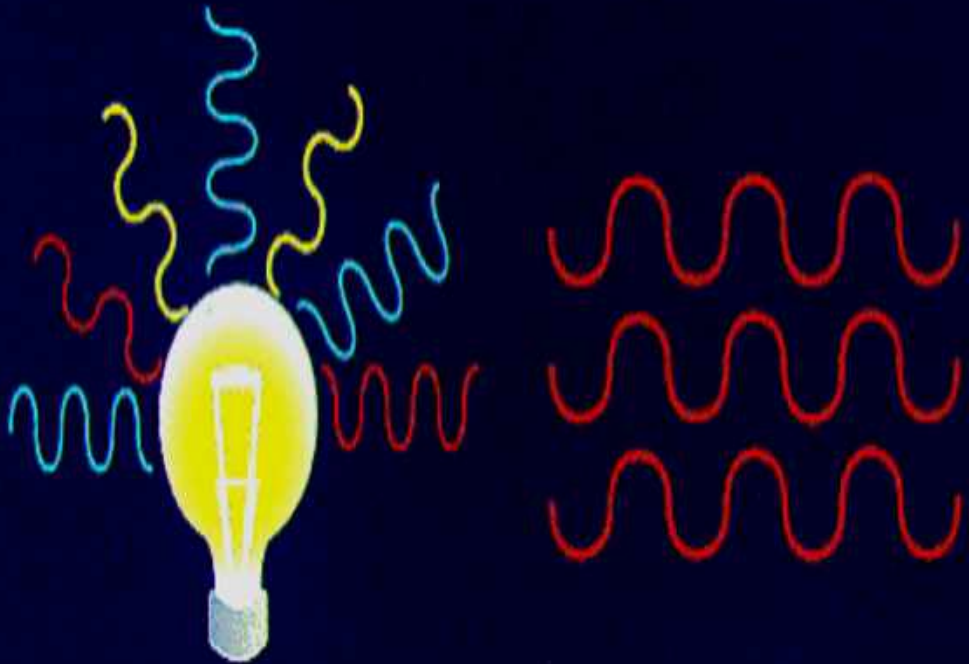
Destroy the primary target (Vessel, Pigment or Hair) by heating it to a high enough temperature without damaging the surrounding tissue.



Basic Elements

1. A **wavelength** that reaches and is preferentially absorbed by the desired target structures
2. An **exposure duration** less than or equal to the time necessary for cooling of the target structures
3. Sufficient **fluence** to reach a damaging temperature in the targets

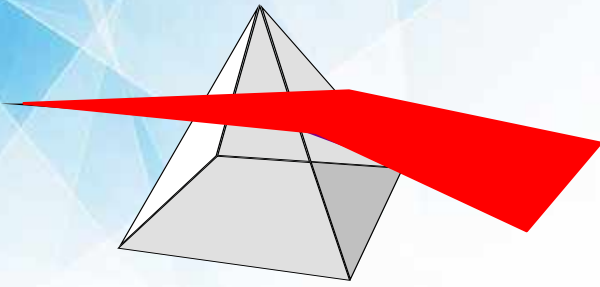
Differences Between Laser and Intense Pulse Light Systems



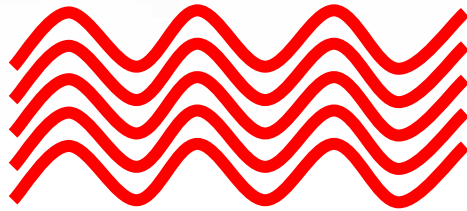
Ordinary Light

Laser Light

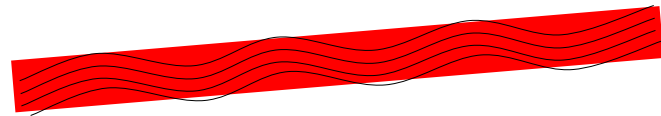
Laser



Monochromatic

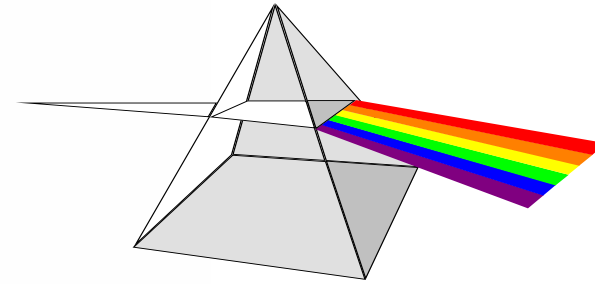


Coherent



Collimated (Non-Divergent)

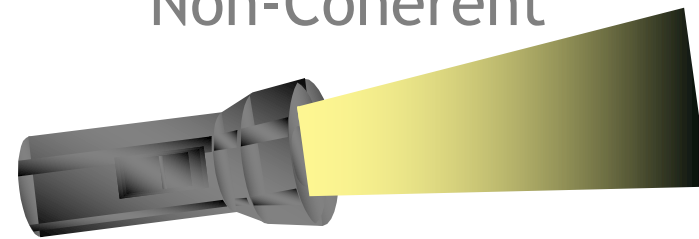
IPL



Broad Spectrum

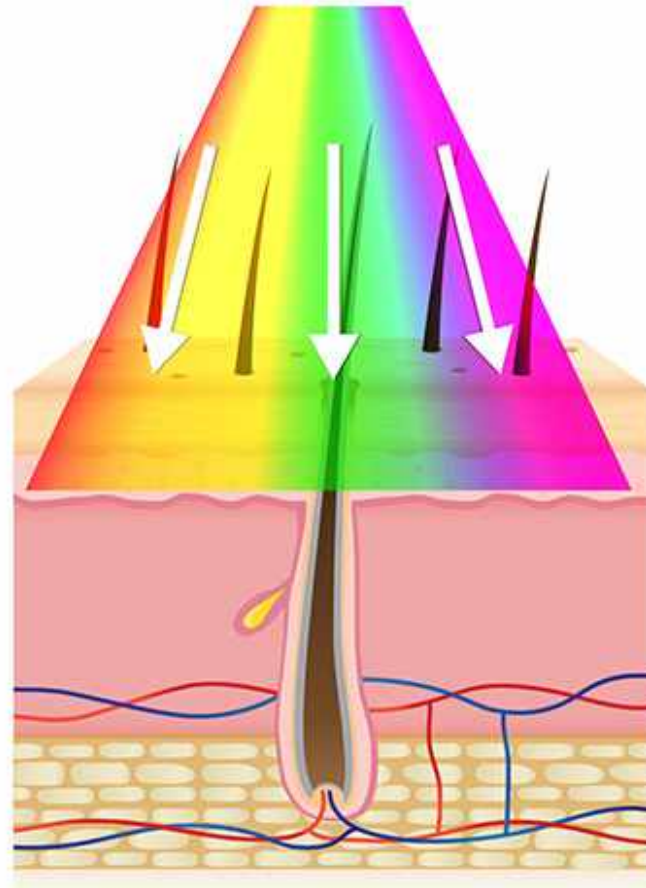


Non-Coherent

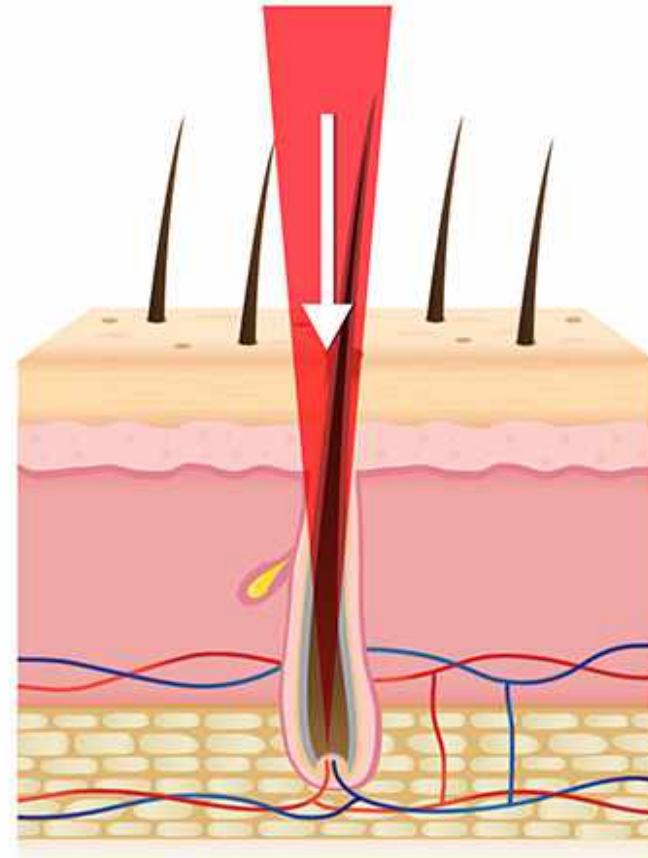


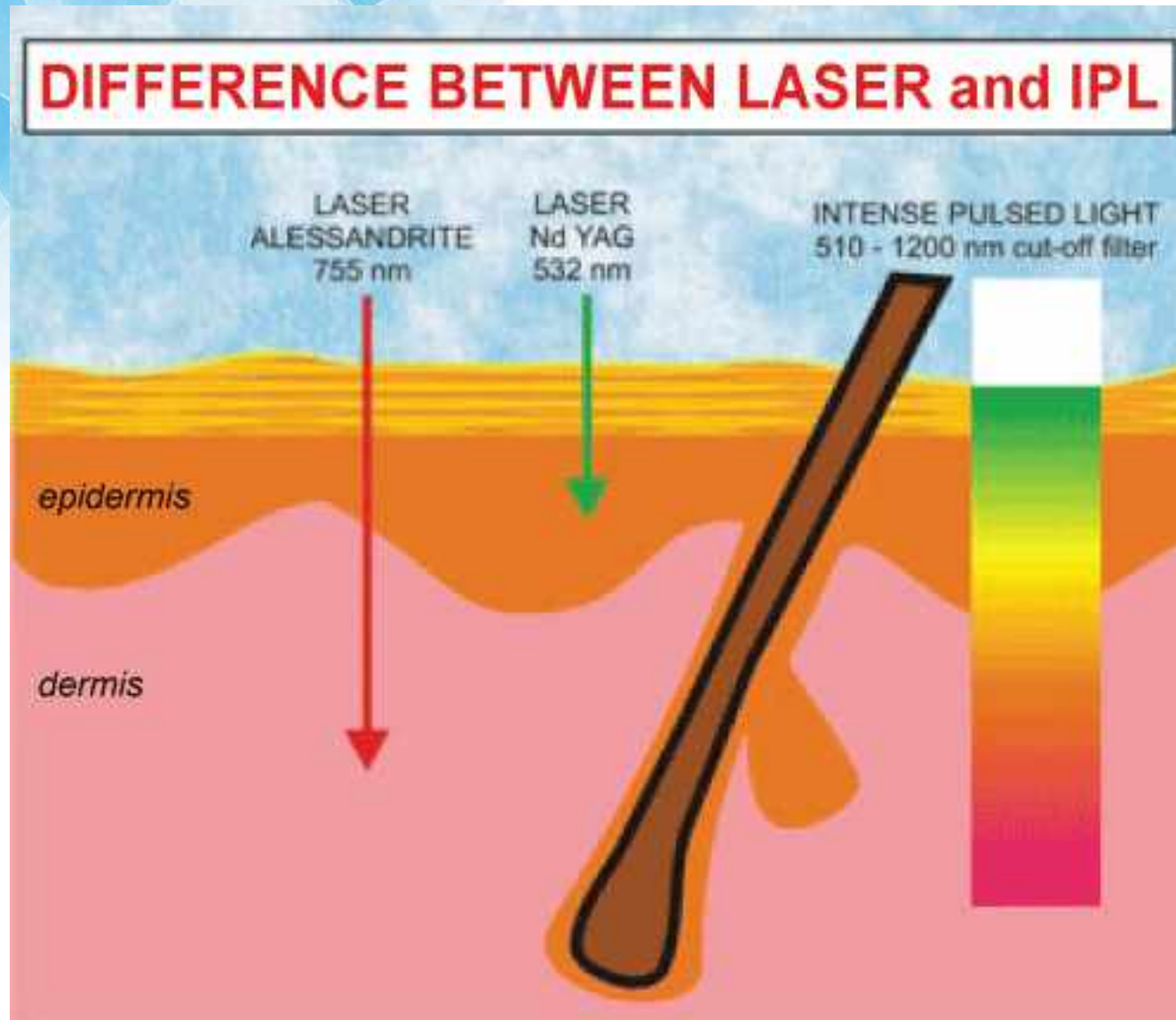
Non-Collimated (Divergent)

IPL



LASER







The Actions of Lasers + IPL

- **Photo-thermolysis (IPL)**
- Photo-chemical (PDT)
- Photo-mechanical (Tattoo Laser)
- Photo-ablative (Excimer Laser)

Mechanism of target destruction

Photothermolysis

- The *absorption* of light (photo) in chromophores (hemoglobin, melanin, or tattoo ink)
- The *transformation* of absorbed light into heat (thermo)
- The *destruction* (lysis) of the target cells by the high temperature

Selective Photo Thermolysis

Selective Photothermolysis is the process in which transfer of laser energy is restricted to a particular site because of the selective absorption of a chromophore at that site. In other words, ***proper selection of the wavelength and exposure time damages only the desired target tissue***. This principal is what distinguishes lasers from many other tools in the surgeons armamentarium.

Selective Photothermolysis

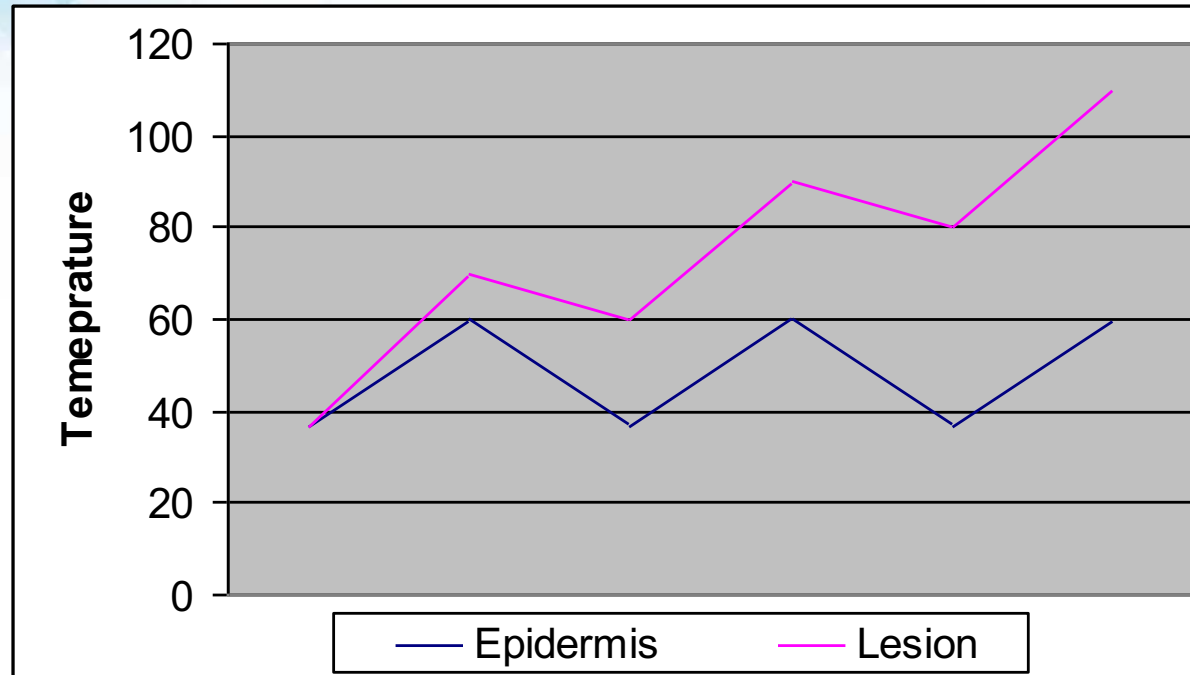
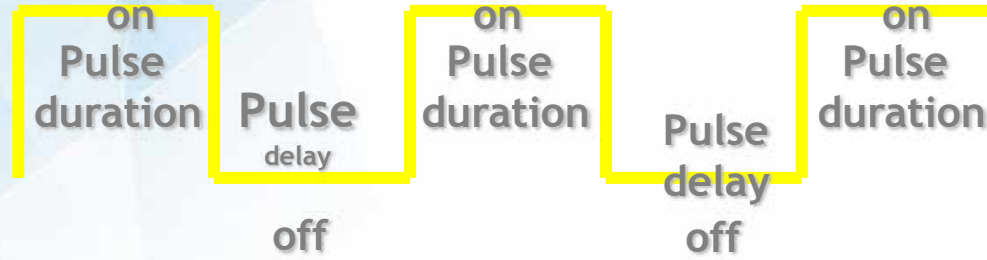
- Effective - Destroys the target - blood vessel or pigmented lesion or tattoo or hair follicle
and at the same time
- Safe - preserves the skin surrounding the treated area - epidermis and dermis



Heat Capacity – Cooling Time

- Heat Capacity = the amount of energy an object needs to heat up or cool down in 1°C
- Cooling time = Thermal Relaxation Time (TRT) is the time required for an object to cool to half the T° immediately after laser/IPL exposure

Pulse Type



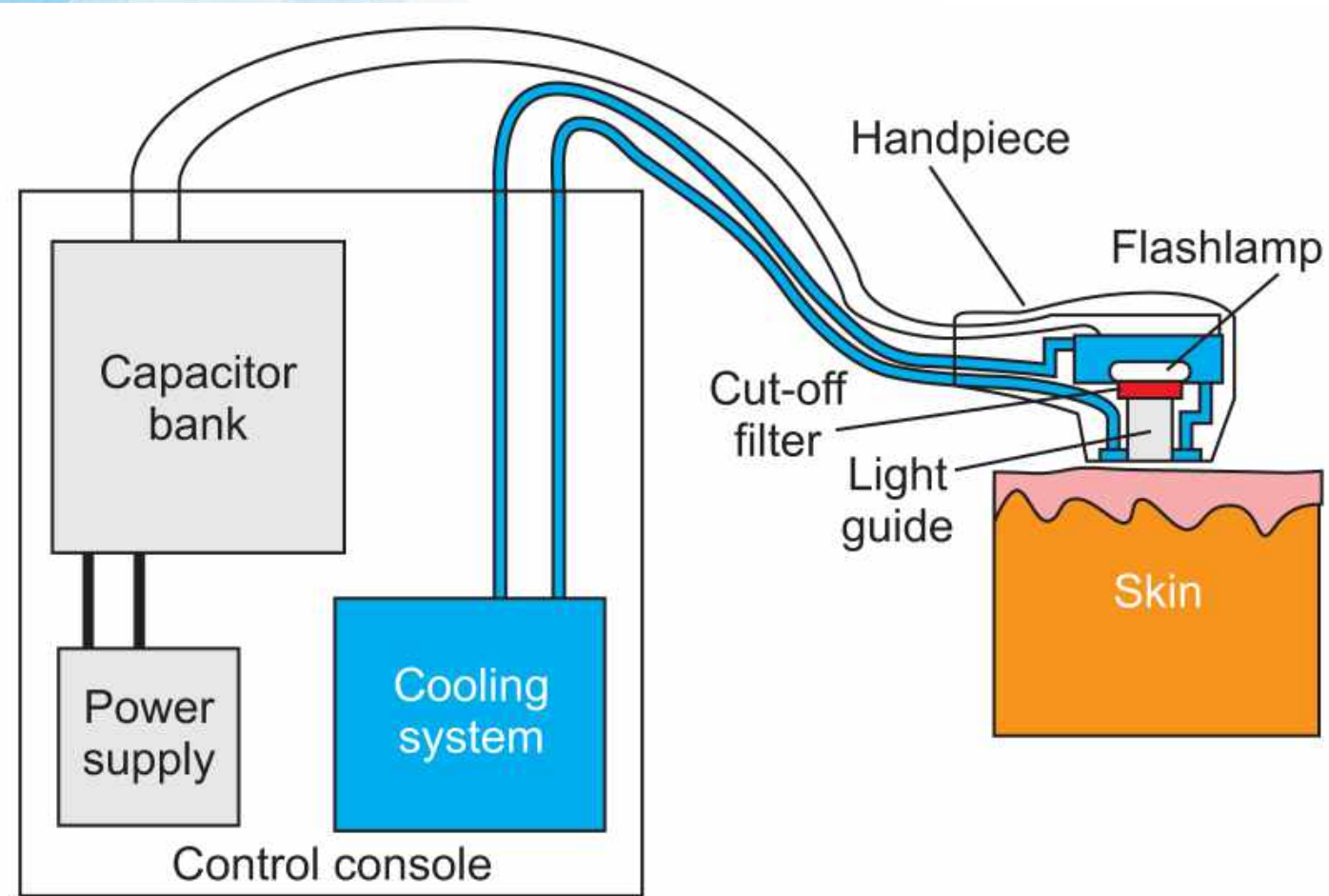
Chromophores of Light

Light has chromophores, substances that absorb light. In the range of light we use these are:

- Melanin – found in hair and skin that is coloured or tanned.
- Oxy-hemoglobin – found in blood.
- Water – found in skin tissue generally.
- Porphyrin – produced by p-acne bacteria.

Application	Results
Pigmented Lesions	Redness or darkening of lesion but not of the surrounding tissues.
Vascular Lesions	Lesion becomes more apparent. Some redness may be observed in the surrounding skin.
Fine Lines and Wrinkles	Mild redness on the skin that quickly disappears after the test

Internal IPL



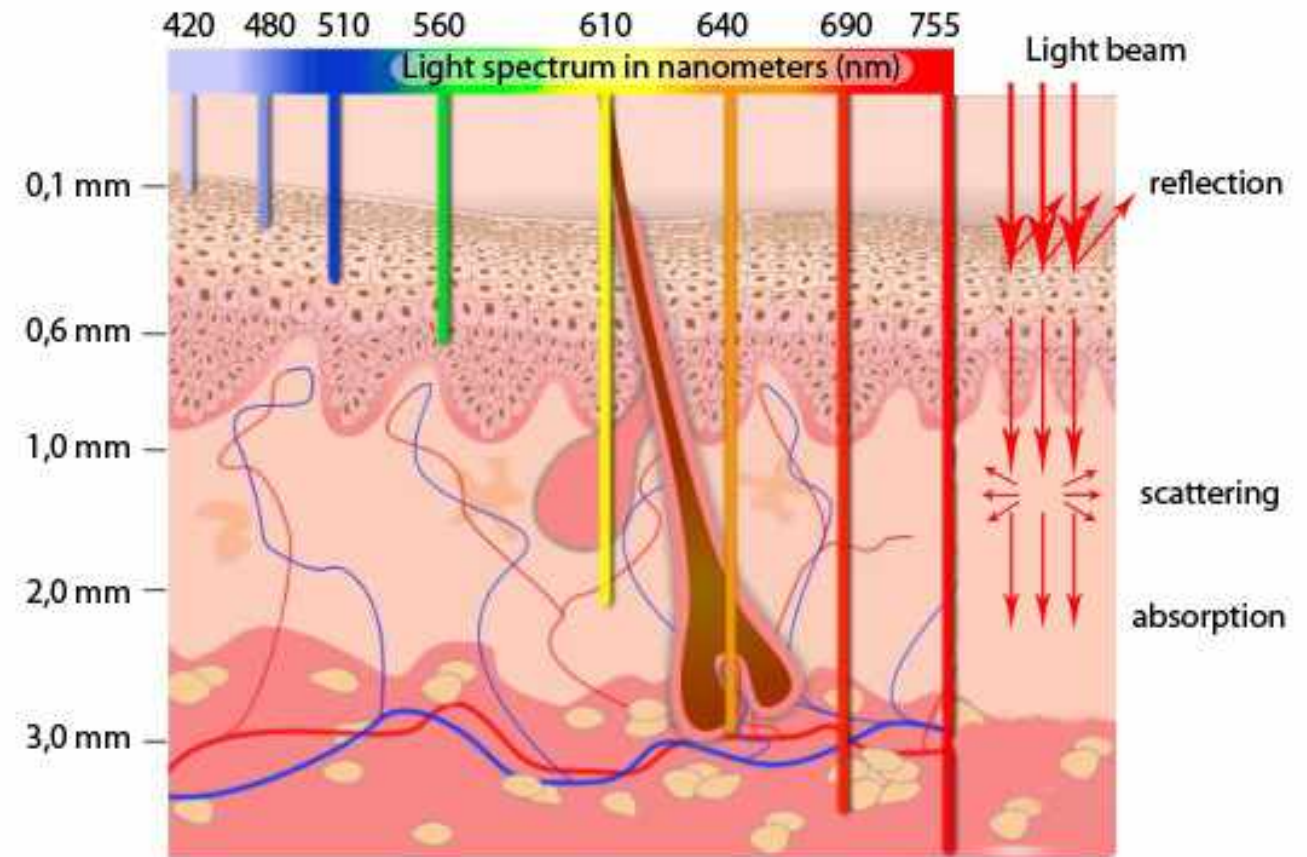
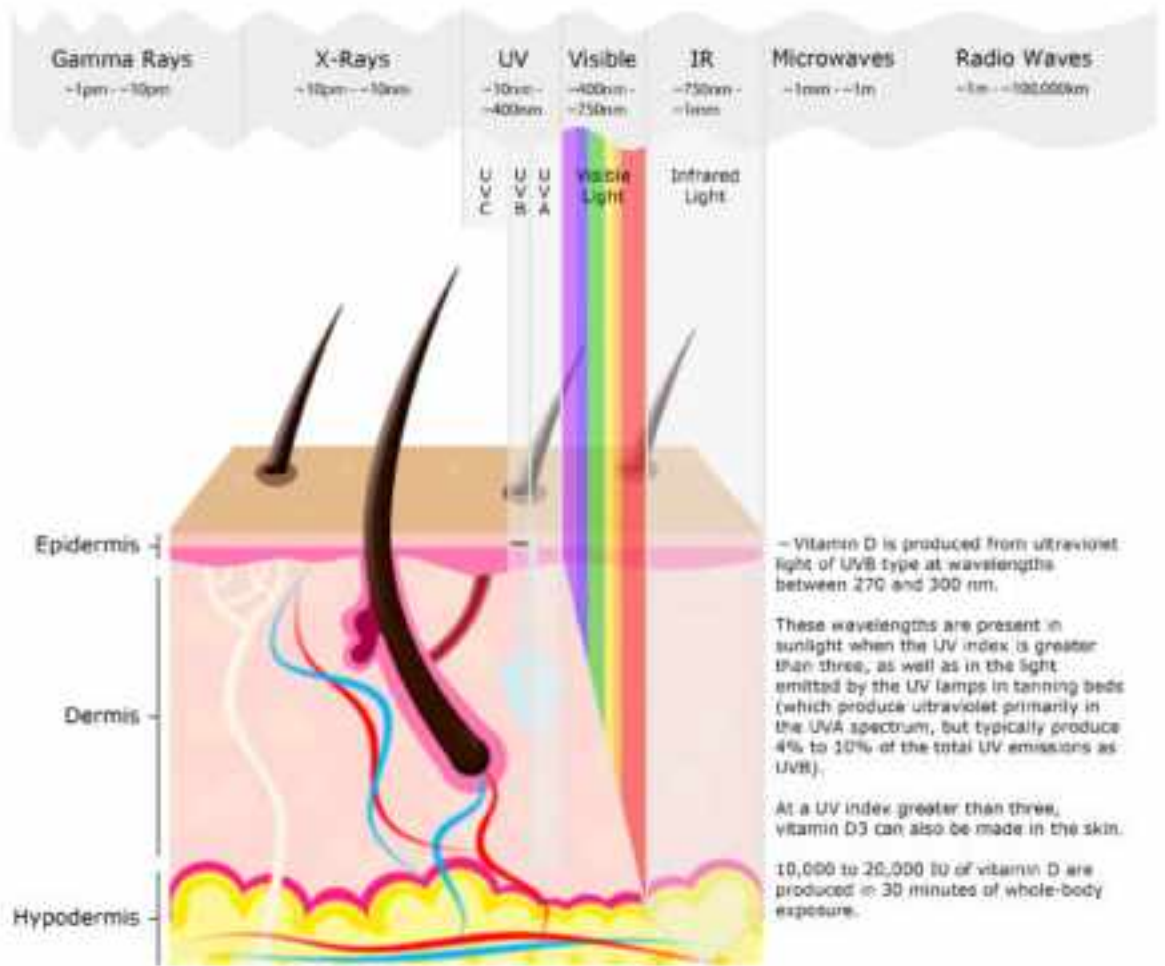


etherea^{MX}
IPL-SQ[®]

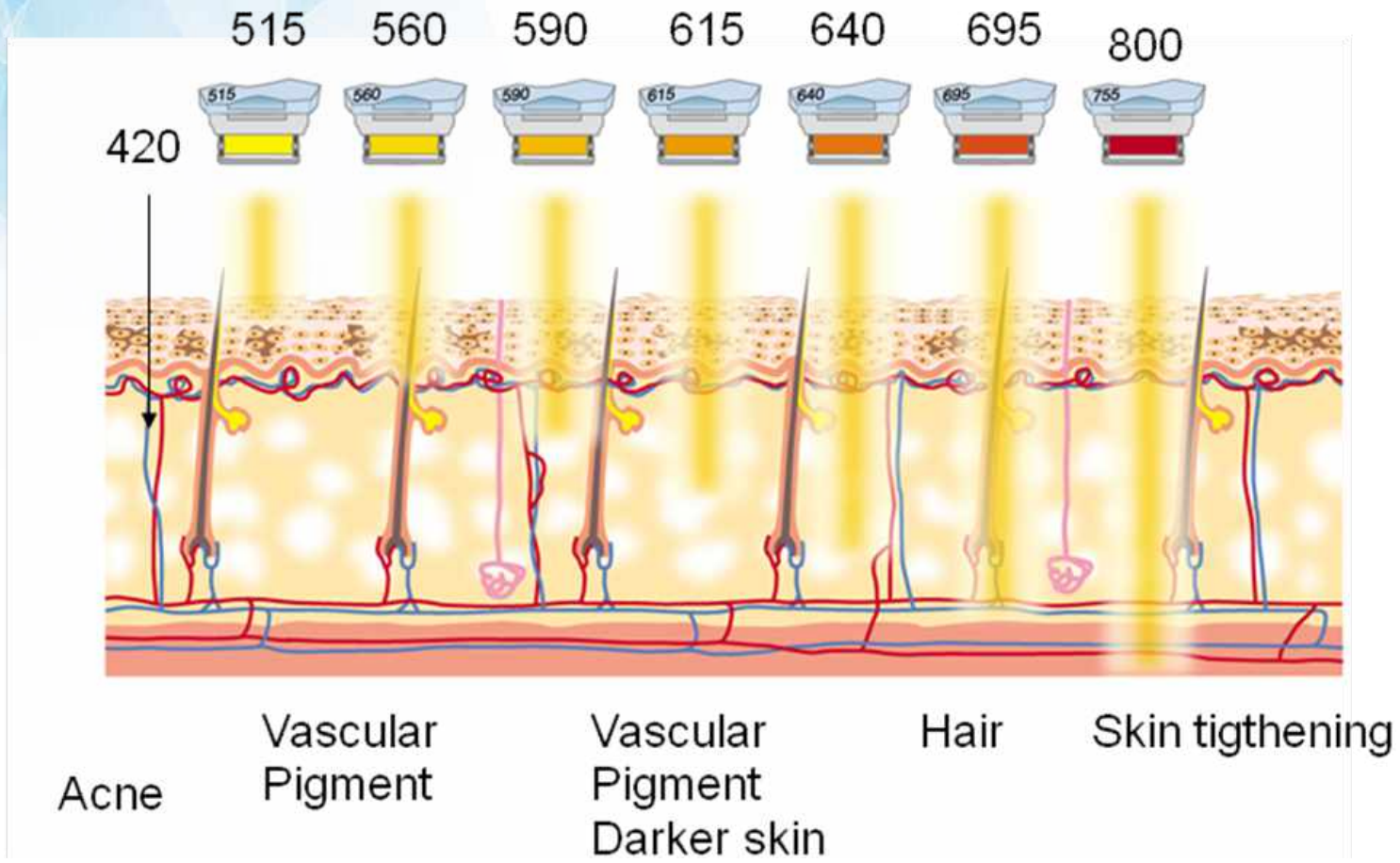


The Electromagnetic Spectrum

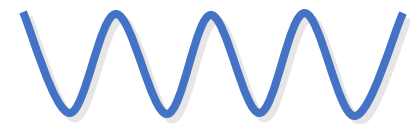
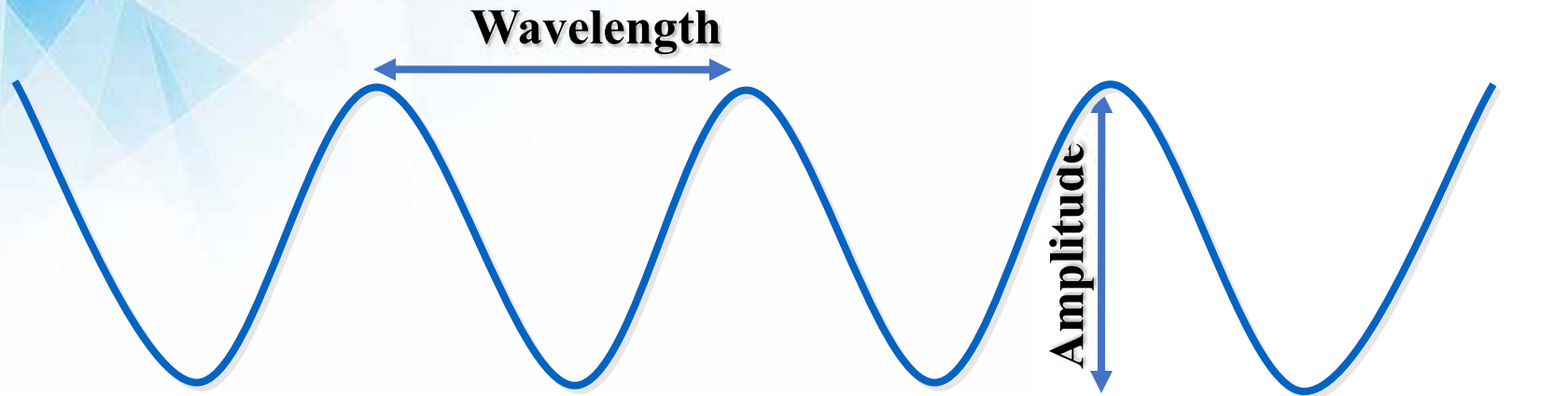
& the effects of light on skin



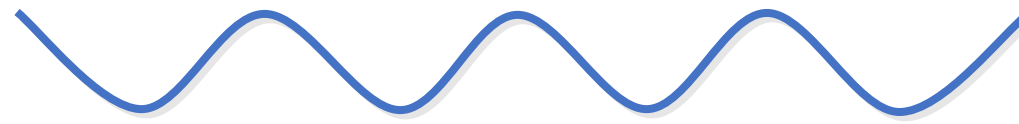
The propoagation of light of different wavelengths in the tissues.



Wavelength and Frequency



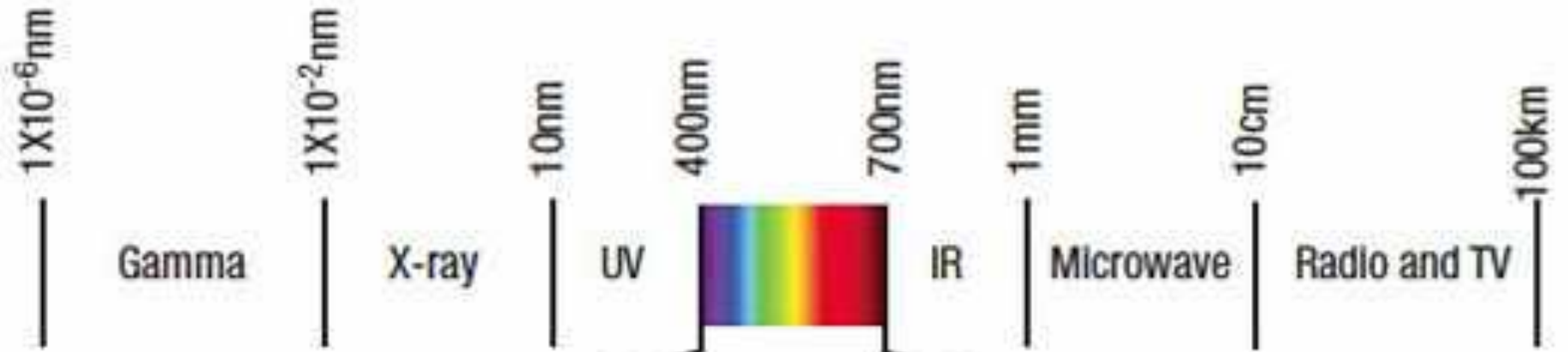
Short wavelength
High frequency
High energy

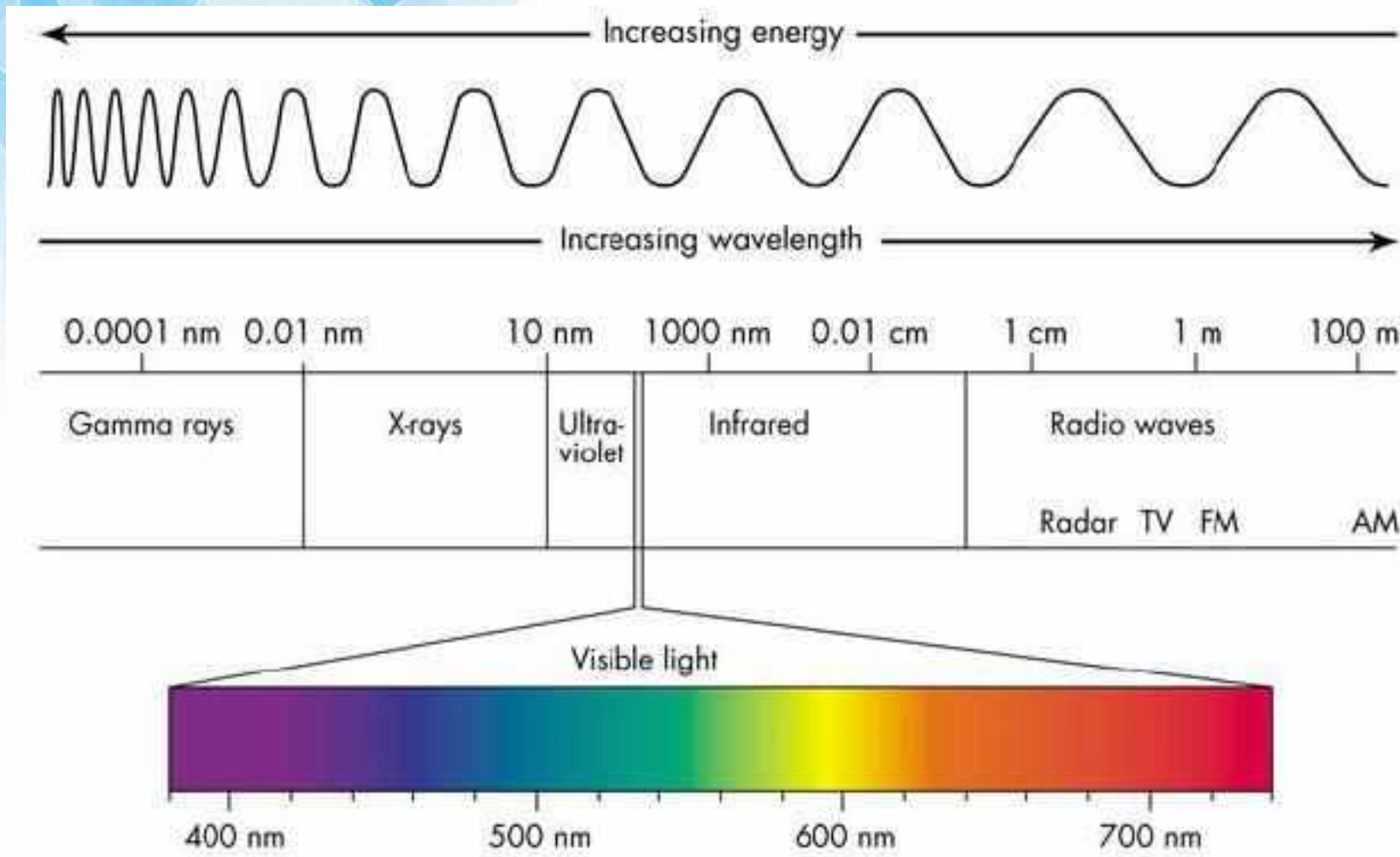


Long wavelength
Low frequency
Low energy

Increasing wavelength   Increasing frequency

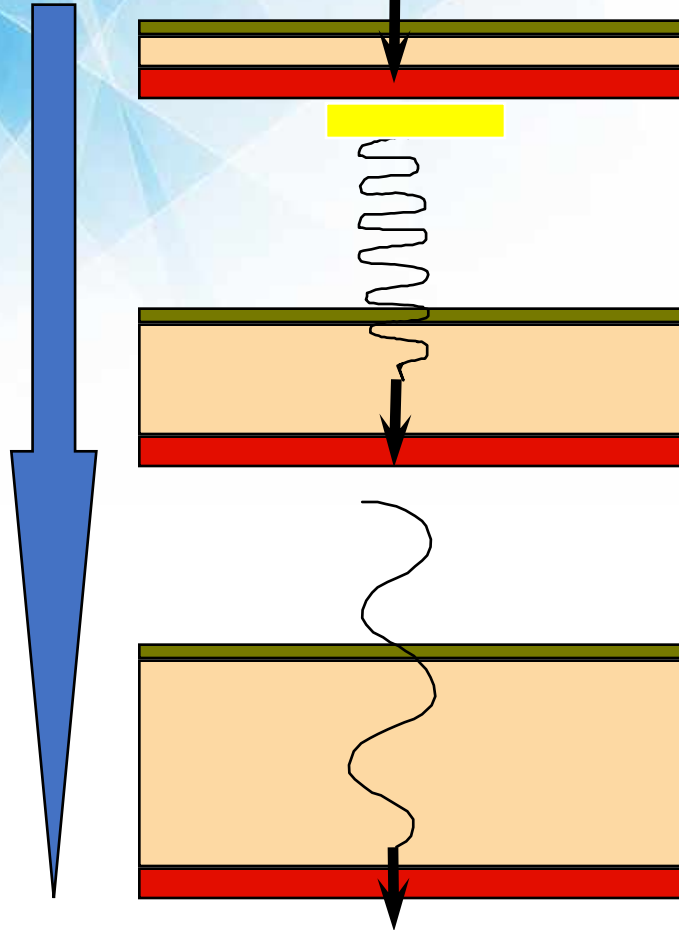
(Wavelength)





Penetration Depths

Low Filter



Shallow

0.1 - 0.3 mm

Medium

0.3 - 0.5 mm

Deep

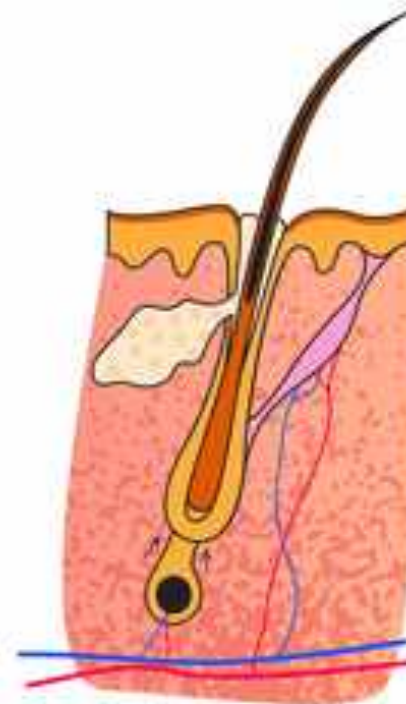
> 0.5 mm

High Filter

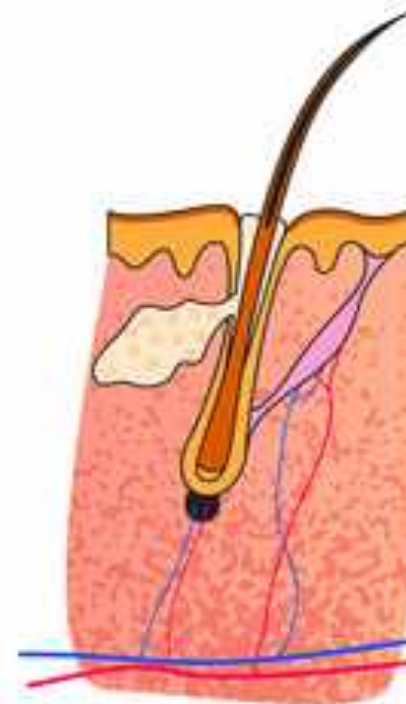
Hair Growth Stages



anagen phase



catagen phase

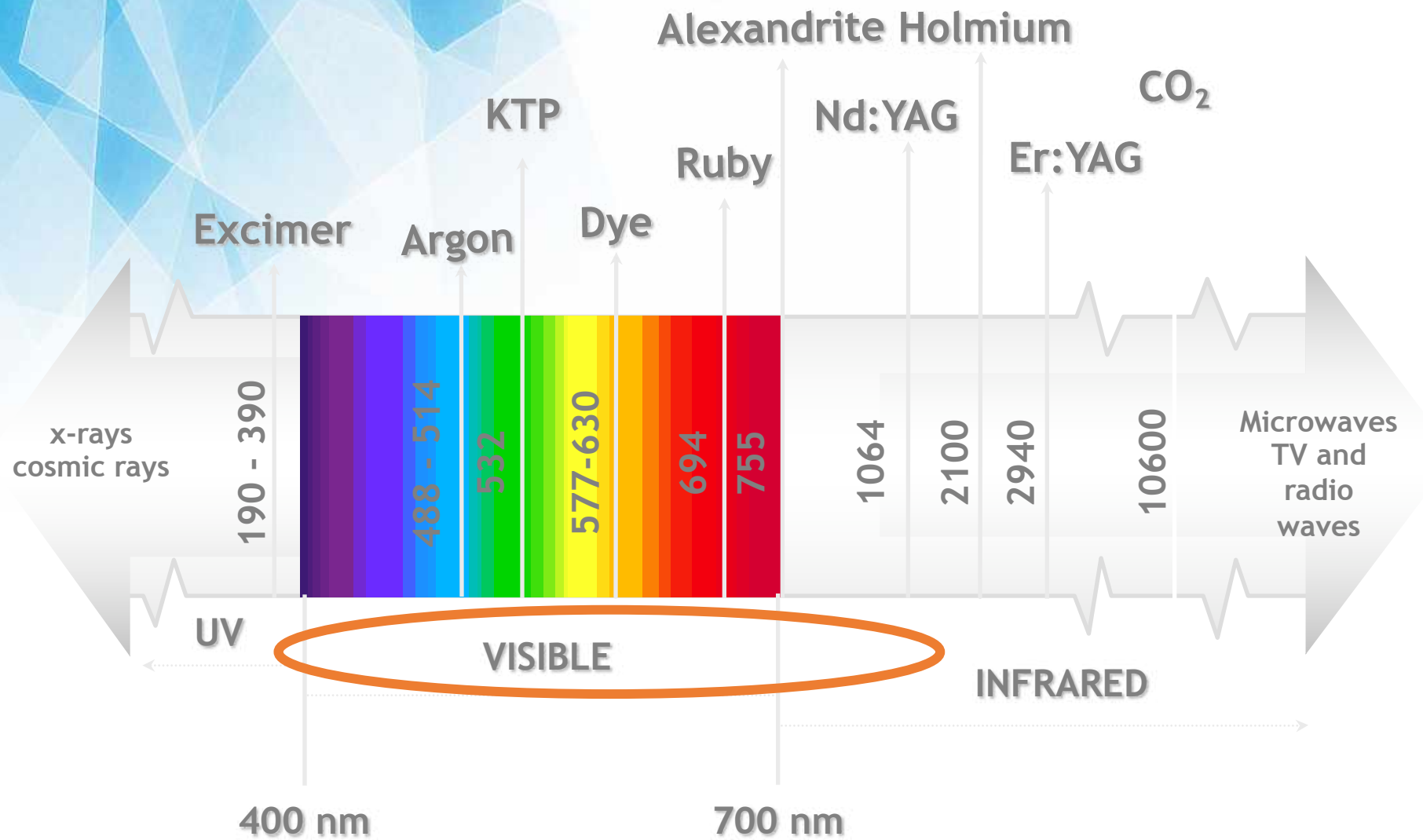


telogen phase

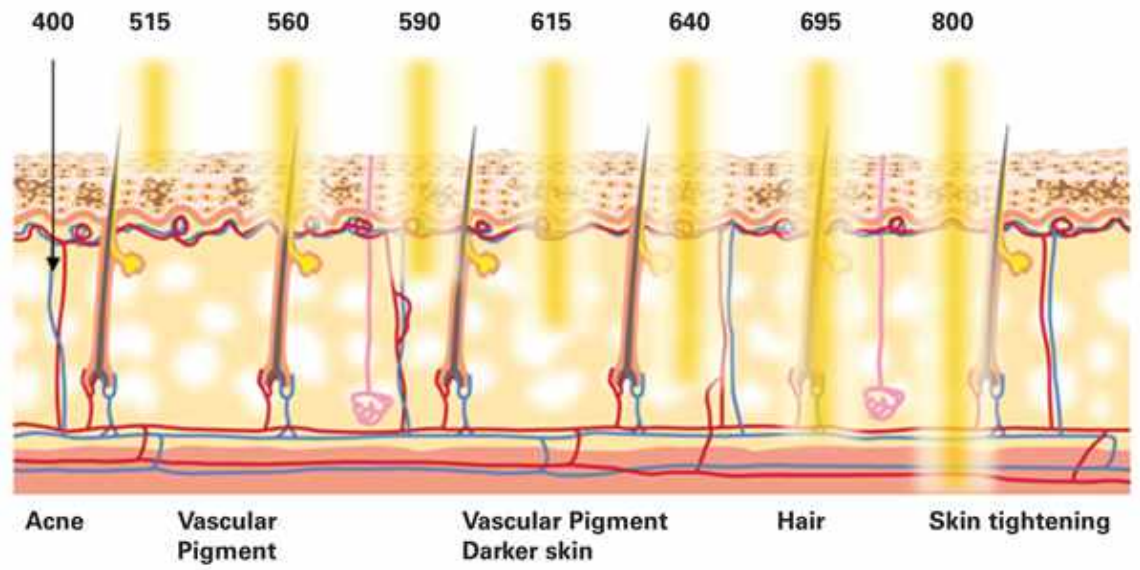
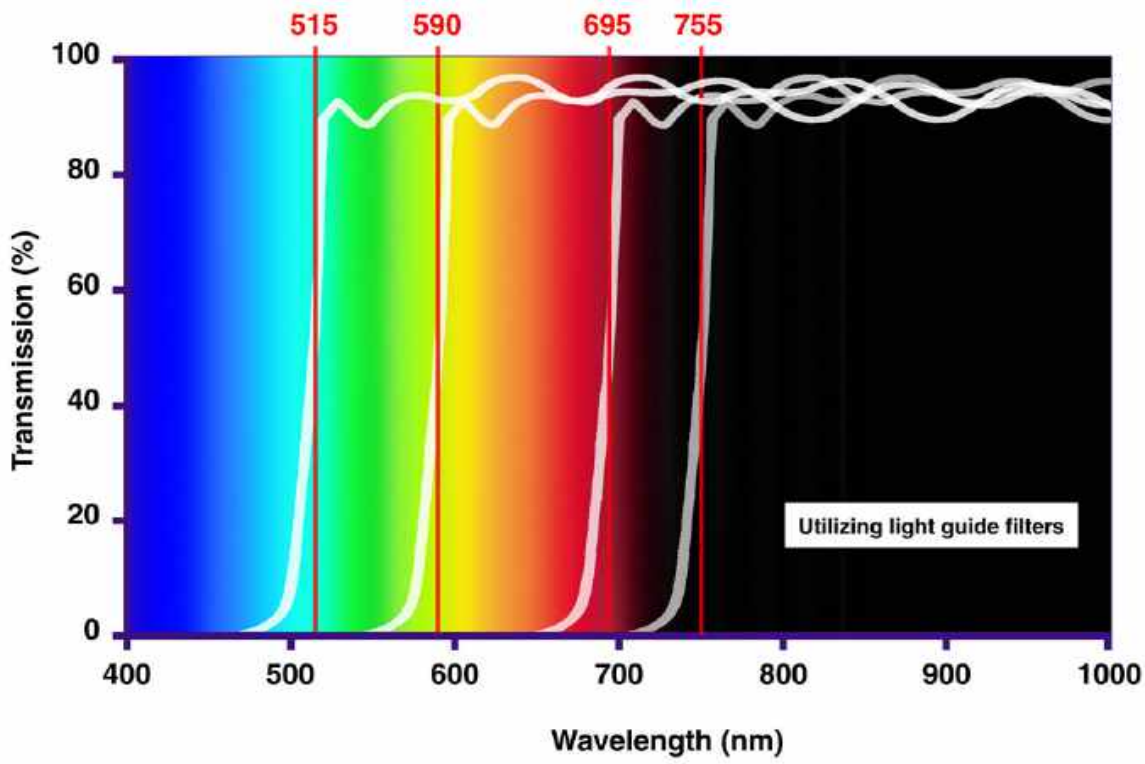
Long vs. Short Wavelengths

- Light energy carried by *long wavelengths* penetrates deep into tissue, with photons carrying a smaller proportion of the energy (mild)
- The same light energy carried by *short wavelengths* has a smaller penetration depth with photons carrying more of the energy (more aggressive)

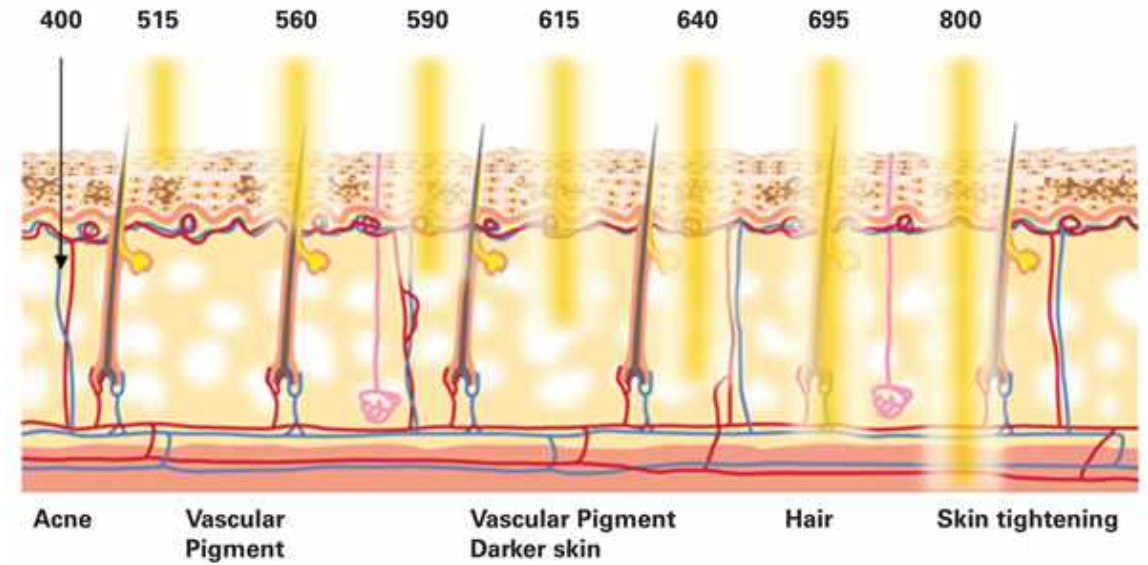
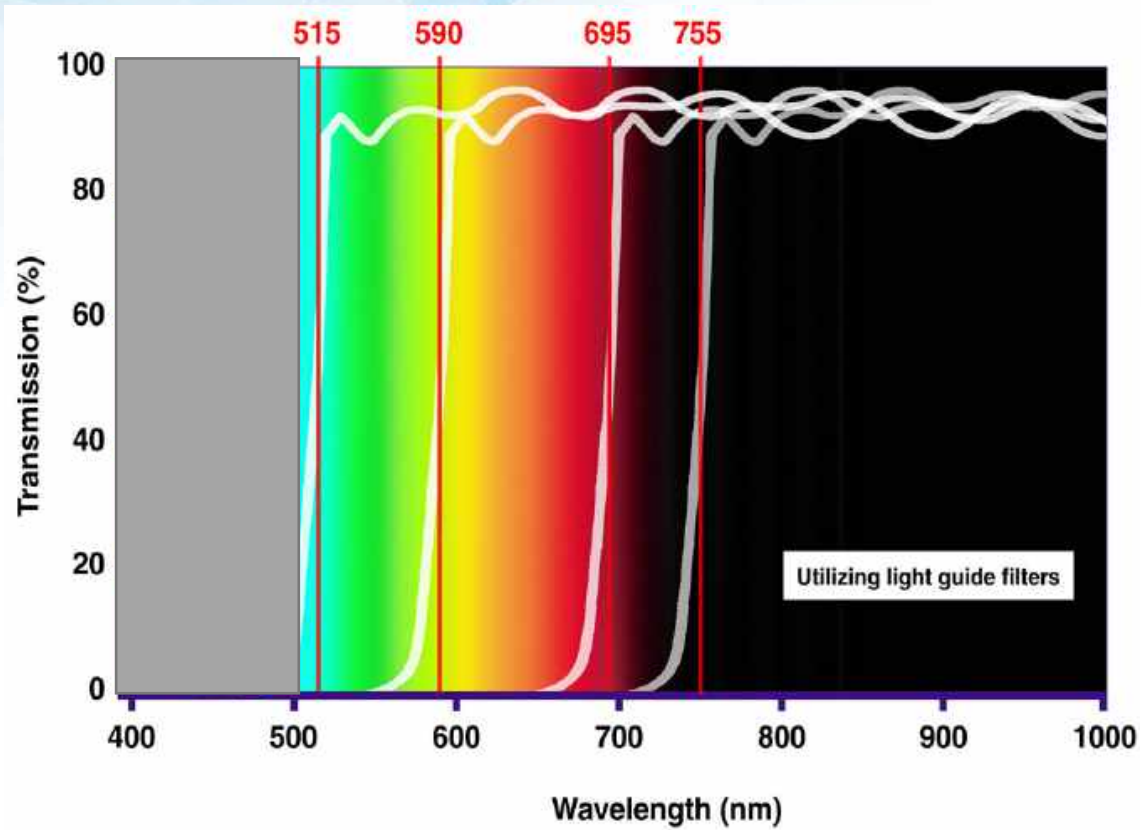
Spectrum includes some
visible light and some near
infra-red
400 - 1200 nm



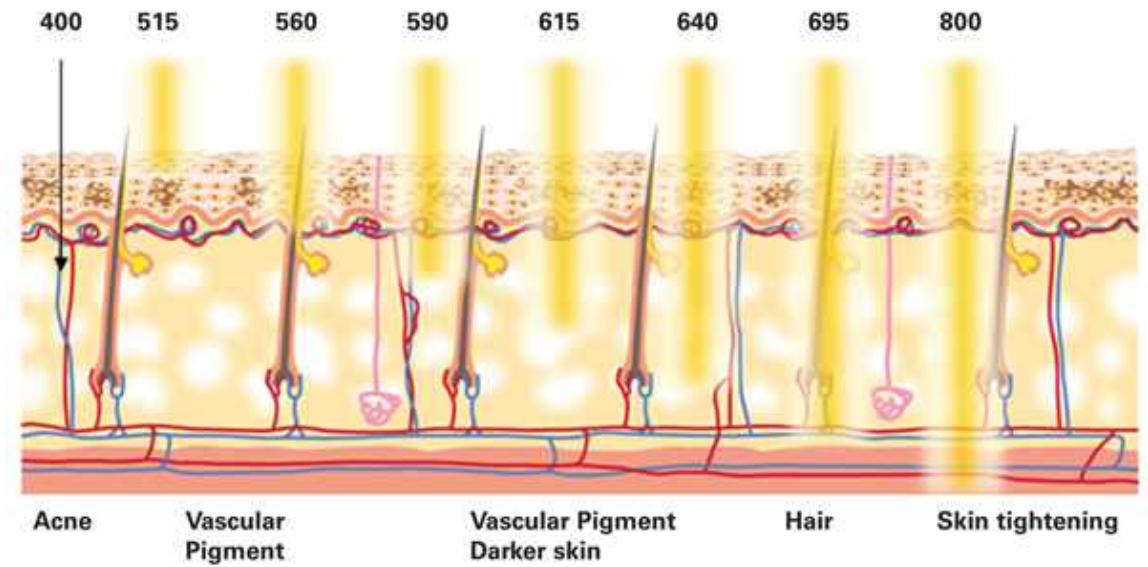
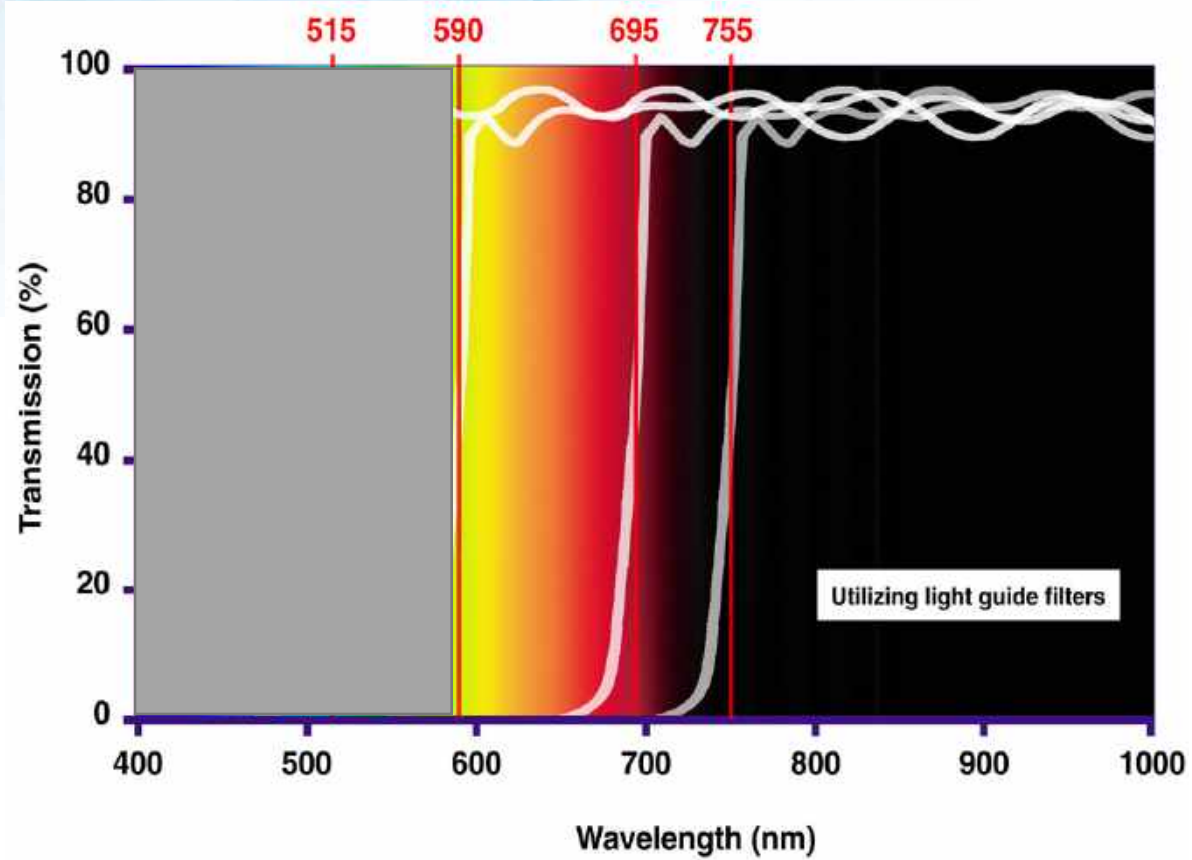
IPL Broadband Spectrum



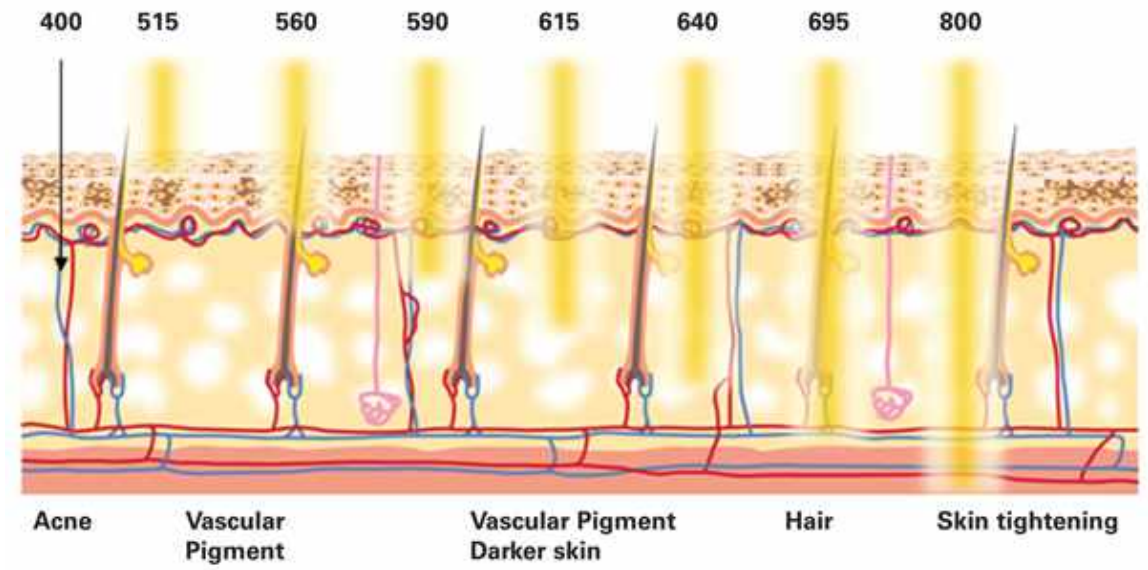
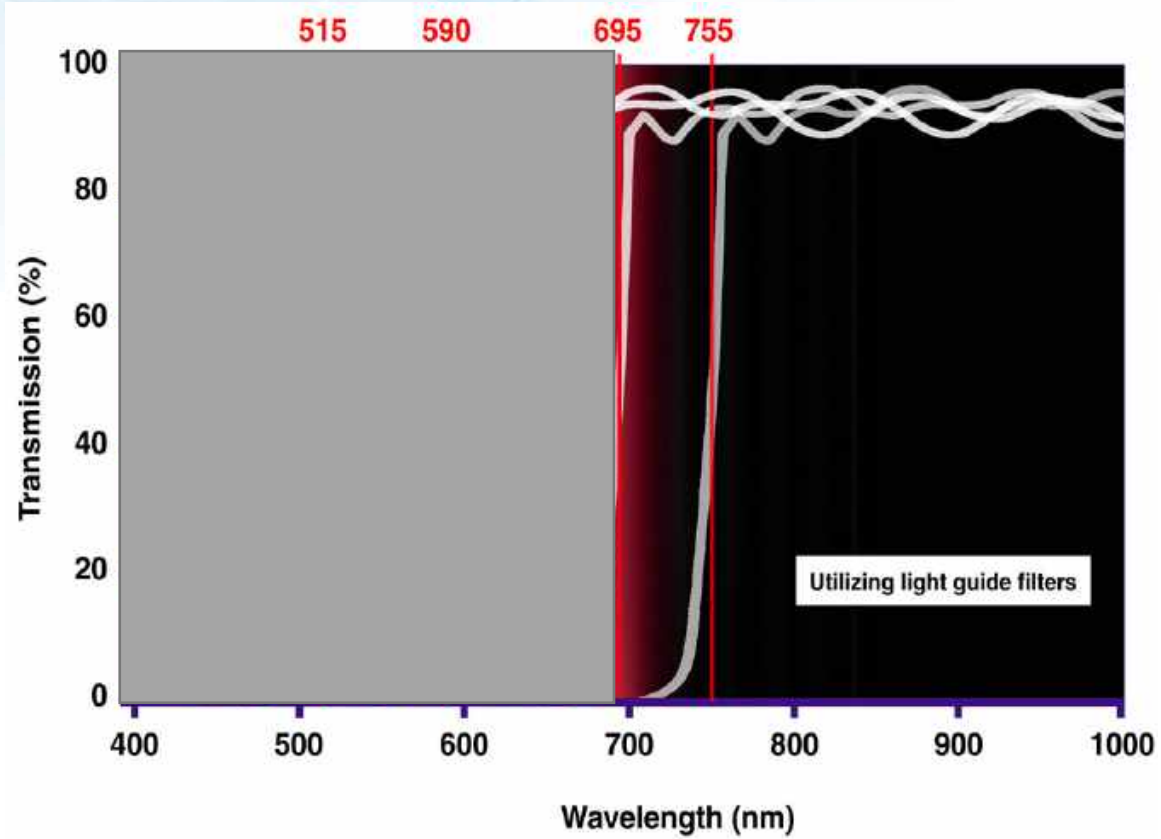
Filter



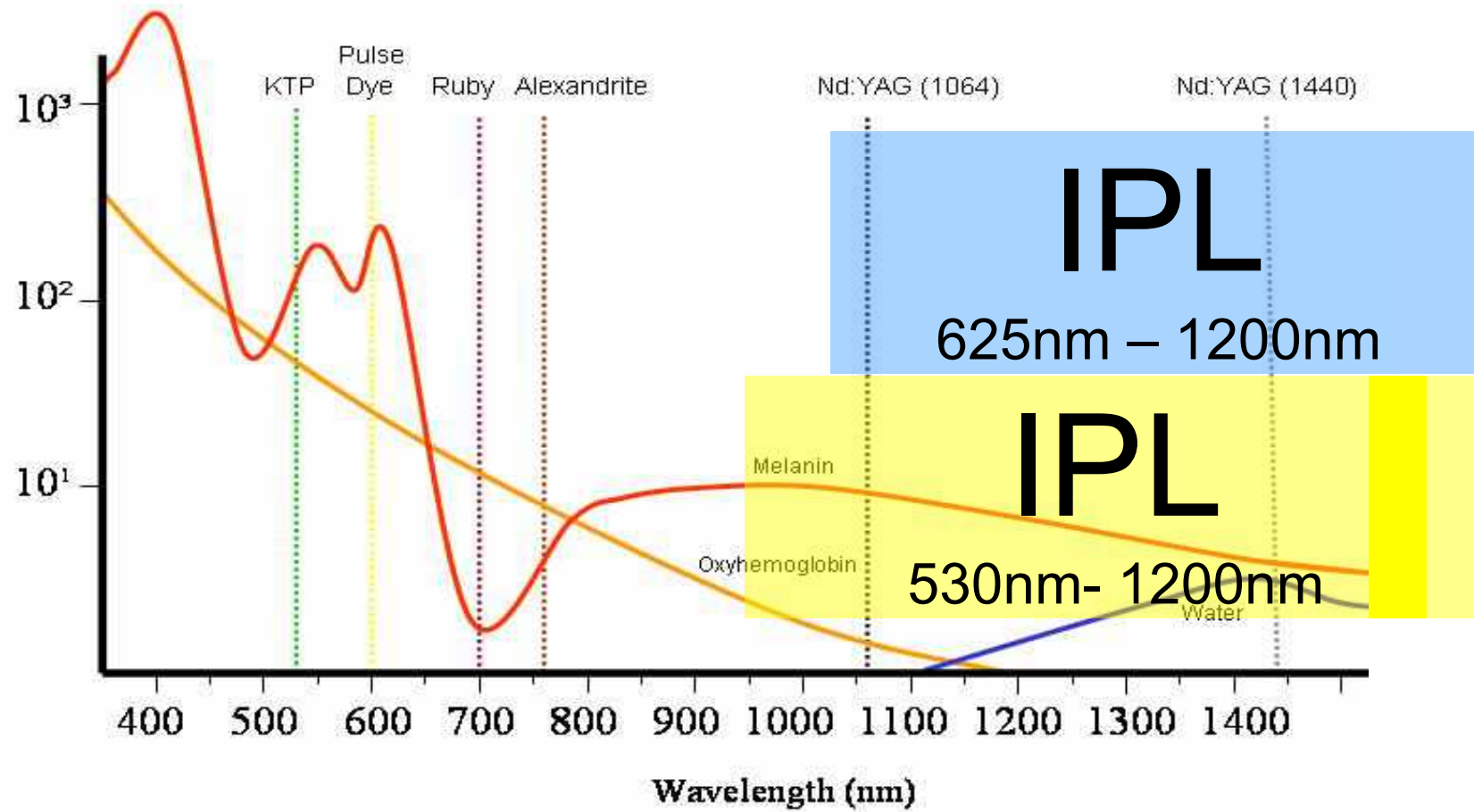
Filter



Filter



Wavelength ; Selective Absorption



Spot Size Effect

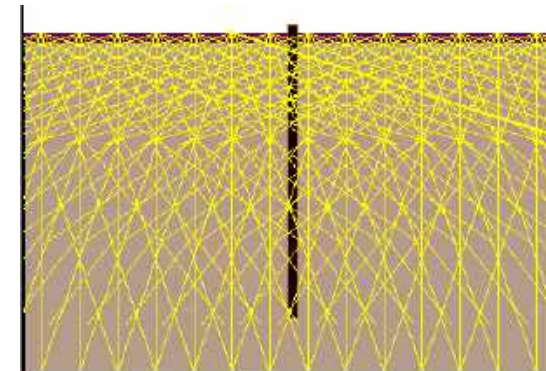
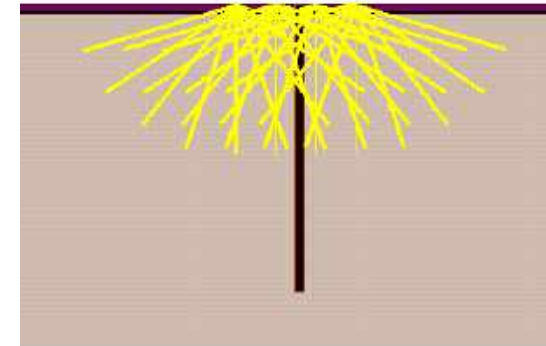
Penetration depth depends on spot size
Scattering is the major factor

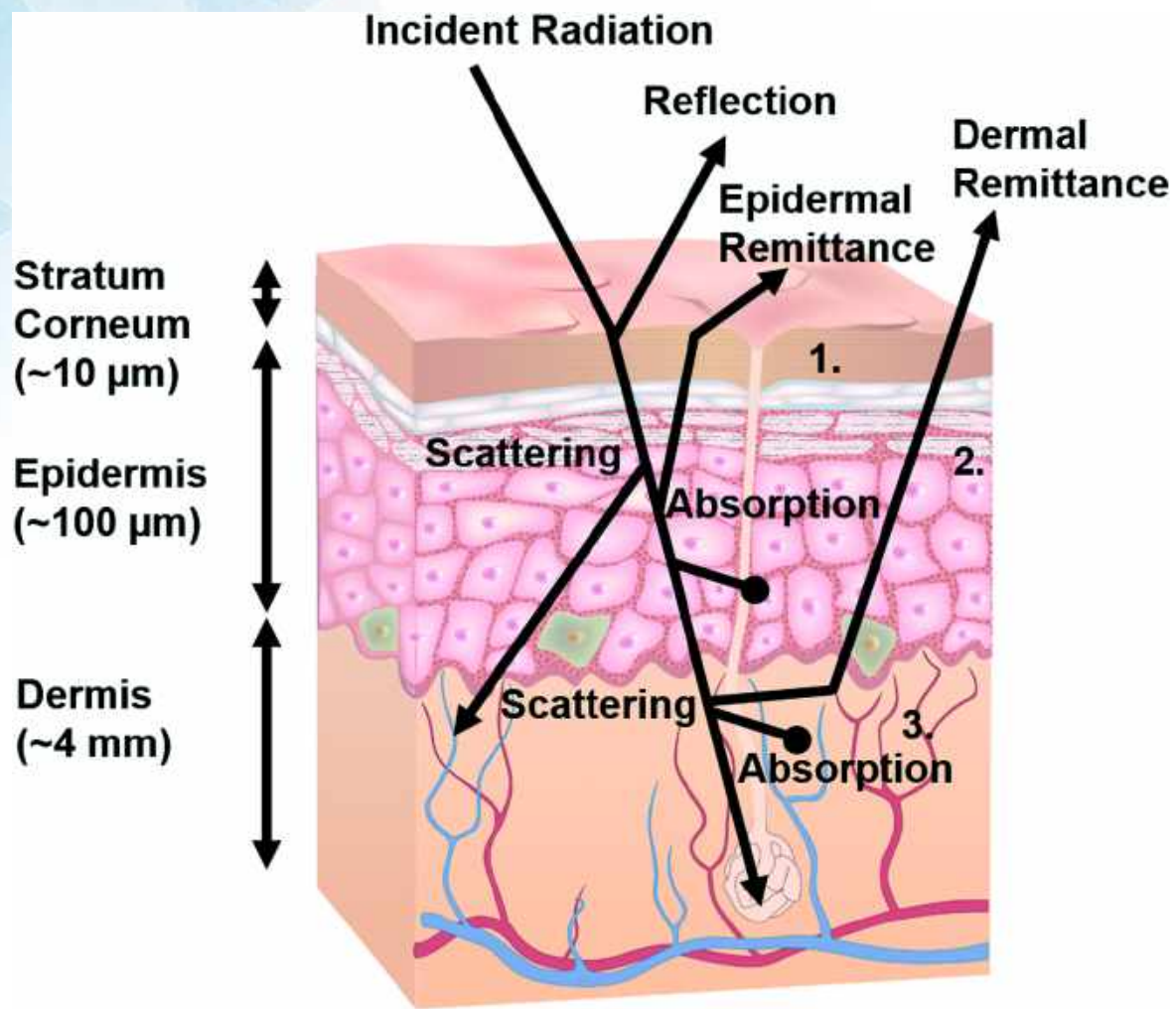
Small spot size

Photons “lost” due to large scatter
Small penetration depth

Large spot size

Photons “collected” by scattering
Larger penetration depth
Better area coverage - faster treatment





Indications for treatment

- Hair Removal
- Skin Rejuvenation:
 - Vascular Lesions
 - Pigmented Lesions
 - Skin Tone and Texture
 - Fine Lines and Wrinkles



Pigmented
Lesions



Vascular
Lesions



Fine Lines &
Wrinkles

WHAT IS IPL?

IPL stands for Intense Pulsed Light. It uses light energy in the form of precise bursts of intense light to the skin's surface, while thermal energy is radiated into deeper skin tissue.

The energy delivered to the superficial and deeper layers of skin repairs the cells and stimulates collagen production; this process helps to rejuvenate the skin.

IPL is a very versatile treatment. It was first used in treatment for permanent hair reduction on the face and body, but is now a proven treatment for skin rejuvenation.



Is IPL for everyone?

Fitzpatrick SkinTypes



IPL TREATMENT IS BEST POSTPONED IF:

- *you have tanned skin*
- *you have a disease that is stimulated by light (e.g., Epilepsy)*
- *you are using photosensitive drugs (e.g., Roacutane)*
- *you are pregnant*

- The precise targeting of a specific structure or tissue using specific wavelengths of light energy.
- The accumulated heat damages the target with minimal affect on the surrounding tissue.

Energy is delivered by light photons.



The photons are absorbed by the chromophore in the tissue.



Light is transformed into heat inside the tissue.



The heat creates the desired clinical effect.

1. Indications for treatment



- Intense pulsed light targets darkened areas of sun damaged skin, causing them to heat up, then break down and flake off.
- You may experience some temporary darkening of the treated areas, which will begin to fade after about 5-7 days.
- They will become progressively lighter with each treatment.
- Three to four treatments are recommended.

Skin tightening, pore size and fine wrinkles



1. Treatment progressively tightens the skin by stimulating the production of new collagen and elastin.
2. Fine lines and wrinkles are smoothed, and the skin appears more plump and youthful.
3. Pore size may be reduced as the skin tightens.



- Rosacea, chronic redness and flushing of the skin, particularly on the cheeks, nose, chin or forehead, can be distressing and disfiguring. Treatment is particularly effective in managing this condition. The dilated blood vessels absorb the light pulse, destroying the particles that cause facial redness.
- While there is no cure for rosacea, a course of 4-6 treatments 4-6 weeks apart will cause the redness to subside, leaving a clear, healthy complexion. Maintenance treatments as needed can help to preserve the results.

Facial veins and broken capillaries

- Several filters designed for specific purposes, one of which is the treatment of a range of vascular problems, including spider or thread veins, spider nevi, telangiectases and angiomas.
- The intense pulsed light targets the red haemoglobin, which heats the entire blood vessel, causing it to constrict, and eventually be destroyed.
- It is then absorbed by the body. The visible vascular lesions fade and disappear, while the surrounding skin structure is not damaged.
- The number of treatments required will depend on the type and extent of the condition.





Hair reduction



- Permanent hair reduction uses light energy in the form of pulses of intense light to target and destroy hair follicles, preventing the regrowth of the hair.
- It works by emitting intense pulses of light, which are absorbed by the pigment in the hair follicle.
- The procedure is predictable. Most people experience approximately 80% reduction in hair after between 4 and 8 treatments.



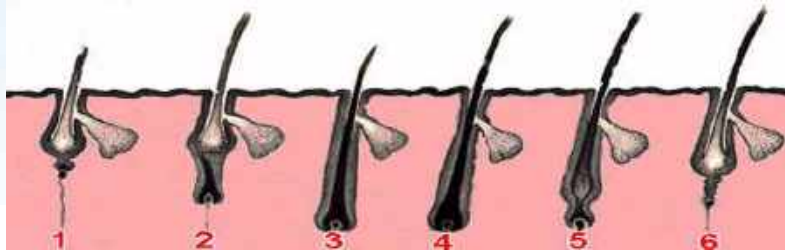
2. Treatment Basics step by step

- The eyes must be protected with eye pads and/or dark glasses. Ultrasound gel must be spread over the area of skin to be treated.
- The surface of the handpiece is placed the skin and fired
- The length of the treatment will depend on the size of the area being treated. At the end of the treatment, a moisturising cream and sunblock should be applied.
- IPL treatment does not involve any downtime.

Photo rejuvenation: approximately 3 - 5 treatments, spaced about a month apart. The exact number of treatments depends on the individual skin problem. Some improvement can be seen after each treatment.

Hair Reduction: several treatments over up to 12 months, spaced approximately 4-6 weeks apart. Hair grows in cycles, some dormant while others are growing. The hair follicle can only be destroyed while the hair is growing.

Hair Growth Cycles



Stage	Function	Morphology
Anagen	The stage of active hair growth	Fully formed hair bulb with invaginated follicular papilla; fully developed inner root sheath; trichilemmal cornification limited to the upper portion of follicular isthmus.
Catagen	The evolutionary stage between anagen and telogen	Atrophy and eventual loss of the hair bulb with separation of the follicular papilla; atrophy and eventual loss of the inferior portion of the outer root sheath (identified by the presence of apoptotic cells); progressive loss of the inner root sheath with replacement by trichilemmal cornification. Thickened glassy membrane, variably present.
Telogen	The stage of hair follicle quiescence.	<i>(Early telogen)</i> Complete loss of the inferior portion of the hair follicle; no inner root sheath cornification, rather a jagged zone of trichilemmal cornification surrounds the base of the hair shaft. Thickened glass membrane is variably present. <i>(Late telogen)</i> No hair shaft or trichilemmal cornification present, rather the follicle consists of a thin strand of outer root sheath cells.

HAIR GROWTH CYCLE

Body Area	% Telogen hair	% Anagen hair	Telogen duration	Follicles density (1/cm ²)	Depth of Follicle
Scalp	13	85	3-4 months	350	3-5mm
Beard	30	70	10 weeks	500	2-4mm
Upper lip	35	65	6 weeks	500	1-2.5mm
Axillae	70	30	3 months	65	3.5-4.5mm
Trunk				70	2-4.5mm
Pubic Area	70	30	12 weeks	70	3.5-4.5mm
Arms	80	20	18 weeks	80	
Legs & Thighs	80	20	24 weeks	60	2.5-4mm
Breasts	70	30		65	3-4.5mm

TARGET CAMPARISON BY DIMENSION

TARGET	SIZE OF TARGET	PULSE REQUIRED
PIGMENTED CELLS	(1-3 MICRONS)	1-10 NANOSECONDS
CAPILLARY	(4-40 MICRONS)	2-25 MS
PORT WINE STAIN	(20-100 MICRONS)	1-10 MS
EPIDERMIS	(100 MICRONS)	10 MS
PIGMENTED LESIONS (AGE SPOT)	(50-250 MICRONS)	10-15 MS
FOLLICLE	(100-1000 MICRONS)	3-35 MS
TELANGIECTASIA	(1-2 MILLIMETER)	10-55 MS
VENULECTASIA		55-110 MS

- If there is any mild swelling, apply cold pack
- You must protect the skin with a good sunblock at all times.
- Daily use of medical-grade skin care products will help optimise the results.

3. Contraindications and precautions

Skin Typing Guidelines

SKIN TYPE	SUN HISTORY	EXAMPLE
1	Always burns easily, never tans, extremely sun sensitive	Red heads, freckles Celtics, Irish, Scots
2	Always burns easily, tans minimally, very skin sensitive	Fair Skinned, fair haired, blue eyed Caucasian
3	Sometimes burns, tans gradually to light brown, sun sensitive	Average Skin
4	Burns minimally, always tans to moderate brown, minimally skin sensitive	Mediterranean type Caucasians
5	Rarely burns, tans well, sun insensitive skin	Middle Eastern, some Hispanics, Some African-Americans
6	Never burns, deeply pigmented, sun insensitive	African American

4. Managing complications and side effects

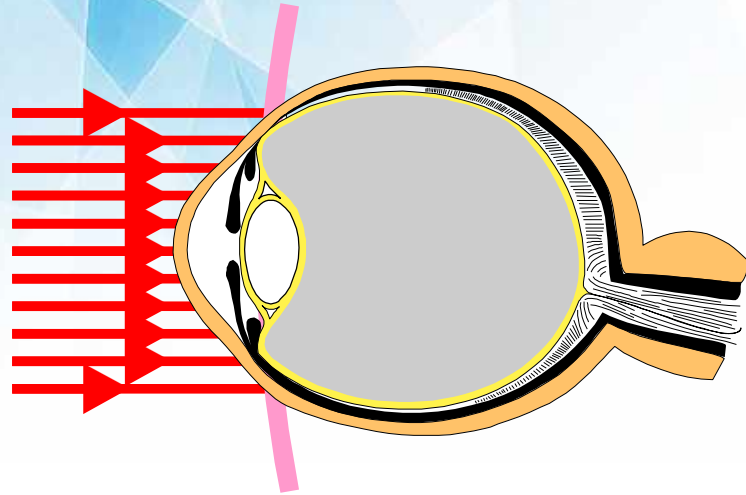
CLINIC SHOULD ALWAYS CALL PATIENT WITHIN FIRST 24 HOURS OR LASER TREATMENT TO ENSURE IF ANY POTENTIAL COMPLICATIONS LONGER DURATION OF “SUN BURN FEELING” PRESENT CAN ADVISE PATIENT FROM EARLY ADVANTAGE TO APPLY COLD COMPRESS IF NEEDED OR TO COME IN TO THE PRACTICE FOR A REVIEW.

THIS IS THE WINDOW OF OPPORTUNITY TO DECREASE ANY POST TREATMENT COMPLICATIONS.



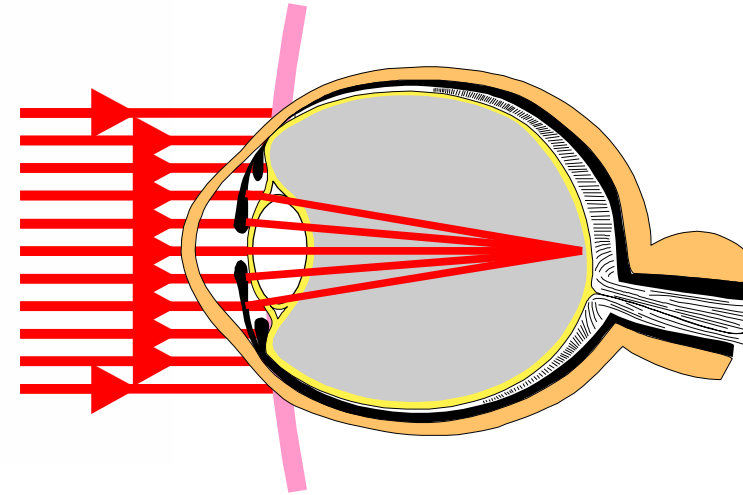
Eye Risks

Blocked by cornea water



CO₂ , Er:YAG
Mid and far I.R.

Not blocked by cornea water



Diode, Nd:YAG
Visible and near I.R.
Focused
IPL is not focused

Safety Goggles

- Identified and marked by:
 - Wavelength of filter
 - Optical density (OD) at that wavelength
(a measure of attenuation)

Precaution is required using
ALL lasers and IPL systems

HAIR REMOVAL



CBL2

Cryo Broadlight™ 2

ADVANCED INTENSE PULSED LIGHT FOR PERMANENT HAIR REDUCTION



PATIENT INFORMATION GUIDE

The Cryo Broadlight 2 System is one of the most advanced methods of permanent hair reduction available today. Intense Pulsed Light is not laser, but a more advanced technology: a 'broad- spectrum therapeutic light' treatment. Cryo Broadlight's advanced technology is capable of treating fair hair as well as dark hair. Its multi-spot tips ensure accurate and customised treatment of all areas. This results in highly efficient treatment that is tailored to your specific needs.

CBL's Skin Cooling System is designed to deliver cooling to the contact point, to provide the most comfortable treatment possible. It is also equipped with a rapid repetition rate, offering you faster and more predictable treatment.

WHAT IS IPL PERMANENT HAIR REDUCTION?

IPL (Intense Pulsed Light) permanent hair reduction uses light energy in the form of pulses of intense light to target and destroy hair follicles, preventing the regrowth of the hair. It works by emitting intense pulses of light, which are absorbed by the pigment in the hair follicle.

The procedure is reliable and predictable. Most people experience approximately 80% reduction in hair after between 4 and 8 treatments.

CBL treatment for permanent hair reduction is less painful than waxing; and whereas IPL kills the hair follicle, waxing simply pulls out the hair by its roots, so another hair begins growing again quite quickly.

HOW MANY TREATMENTS ARE NEEDED?

Normally a person will need between 4 and 8 treatments to achieve an 80% reduction in the amount of hair. Unlike waxing, ongoing regular treatments are not required, although you may wish to have a session occasionally to target stray hairs.

This means that over the course of many years, IPL permanent hair reduction can be less expensive than waxing.

YOUR TREATMENT

Regardless of which part of your body is being treated, your eyes must always be protected for IPL treatment, so your practitioner will cover them with eye pads and/or dark glasses.

The surface of the handpiece is placed against your skin and you will be aware of the pulses of light flashing. You will feel a slight sting, as if a rubber band is being snapped against your skin, but any discomfort is minimal because of CBL's adjustable Skin Cooling System.

FACTORS TO CONSIDER

Your practitioner must be aware if you are taking certain medications, as they may make your body more sensitive to light. This needs to be taken into account when determining if, when, and how to treat you. Some medications that affect the body's sensitivity to light are muscle relaxants, anti-depressants, anti-cancer drugs, acne medications and topical creams containing Retin-A.

Your practitioner will most likely perform a patch test prior to starting full treatment, to ensure that you will react well to the treatment.

You must discontinue any sun exposure, sun-bed use or 'fake tanning' products at least 4 weeks prior to IPL treatment. Do not wax or tweeze the area before treatment.

AFTER-CARE

It is a good idea to avoid hot baths and showers for 24 hours after the treatment. You should also avoid swimming in heavily chlorinated water for up to 24 hours after treatment.

If the area feels hot and dry, keep it moist with a preparation such as aloe vera, which will cool the skin. Cold packs can also be useful. Avoid vigorous exercise for up to 24 hours, as this produces heat, and could irritate the skin.

If the treated skin is to be exposed to the sun, you must apply a sunblock.

Within a few days of treatment, you will notice a stubble appear on the treated area. The body is shedding the dead hair and bulb. This process may last for up to two or three weeks.

You may shave in between treatments, but do not tweeze or wax the hair. The hair carries the light pulse to the hair follicle, so if it has been removed by tweezing or waxing, the IPL cannot reach that hair follicle, and it will remain alive to produce another hair.

REQUIRED NUMBER OF TREATMENTS

Hair grows in three cycles, and is most susceptible to IPL treatment in the Anagen (active growth) phase. This is the stage when the hair is highest in pigment. This is why you will see a staged approach to hair reduction over the course of several treatments spaced 4 - 6 weeks apart.

IPL PERMANENT HAIR REDUCTION

CONSULTANT GUIDE

The Cryo Broadlight 2 System is one of the most advanced methods of permanent hair reduction available today. Intense Pulsed Light is not laser, but a more advanced technology: a 'broad-spectrum therapeutic light' treatment. Cryo Broadlight's advanced technology is capable of treating both fair and dark hair. Its multi-spot tips ensure accurate and customised spot treatment. This results in highly efficient treatment that is tailored to the patient's specific needs.

Accurate, positive and appropriate communication with patients—before, during and after treatment—is essential. This guide is designed to assist you to provide the best service possible for your patients.

PATIENT ENQUIRIES

A few simple principles should guide your approach to patient enquiries:

- Always begin by asking prospective patients about themselves. Listen carefully to everything the patient has to tell you. This is vitally important in establishing a rapport with the person, and in determining the right advice to provide him/her.
- Always answer questions clearly and in plain English. Remember that patients often have little medical knowledge and can be put off by terms and 'jargon' they don't understand.
- Make sure you can explain the benefits of the treatment in terms that are relevant to the patient's life.
- Use the assessment section (page 4-7) to qualify the patient's concerns and expectations, and to add medical information where relevant.

QUALIFYING YOUR PATIENT

- Motivation for treatment and personal goals:
 - What concerns you most about unwanted hair?
 - What methods of hair removal/reduction have you used in the past, and what were the results?
 - What would you most like to achieve from having treatment?
- Questions regarding patient's health and medication use to ensure the patient is not contraindicated for treatment.

CRYO BROADLIGHT 2: HOW THE TREATMENT WORKS AND ITS BENEFITS

Explain CBL treatment in terms of the outcome the patient can expect.

- CBL permanent hair reduction uses light energy in the form of pulses of intense light to destroy hair follicles, preventing the regrowth of the hair.
- CBL does not removal all hair. However, most people experience approximately 80% reduction in hair after between 4 and 8 treatments. If possible, show what this looks like, as the vast majority of people will be very happy with this result.
- CBL treatment for permanent hair reduction is less painful than waxing; also, whereas CBL kills the hair follicle, waxing simply pulls out the hair by its roots, so another hair begins growing again quite quickly.
- Because the reduction is permanent, over a period of several years, CBL is more cost effective than waxing.





CBL2
Cryo Broadlight 2

ADVANCED INTENSE PULSED LIGHT

POSSIBLE RISKS AND COMPLICATIONS

All medical procedures involve risk to some degree. It is important before undergoing any procedure that a patient is not only aware of the potential benefits, but also of the risk, no matter how slight, of side-effects and complications.

Because intense pulsed light is not an exact science, no guarantees or assurances can be made as to the outcome. However, based on experience, there is a strong likelihood of a positive result from the treatment.

Clinical results may vary depending on individual factors, including, but not limited to, medical history, amount of sun damage or textural problems, patient compliance with pre/post-treatment instructions, and individual response to treatment.

The complications that may occur in connection with this procedure could include the following:

- Infection: Albeit rare, skin infection is a possibility whenever a skin procedure is performed. Although rare, it is possible for a skin infection to become a blood-borne widespread infection.
- Blood clots in veins and lungs: Albeit extremely rare, it may be possible to develop a blood clot associated with this treatment that travels (embolises) to the heart and/or lungs.
- Allergic reactions: Although uncommon, it is possible to develop an allergic reaction to medicines applied to the treated area, or prescribed for the patient.
- Hemorrhage and bruising: Bruising in the treated area is possible, especially if, within the previous ten (10) days, the patient has taken aspirin or aspirin-containing products, or other medications that "thin" the blood.
- Recurrence of a lesion: Even with multiple treatments, results might not be permanent.
- Painful or unattractive scarring: Scarring is a rare complication of light assisted treatment, but it is possible. The skin surface is not disrupted by the light pulse, but it may peel and flake post-procedure, exposing fresh skin. To minimise the chances of scarring, it is most important that the patient follow all post-procedure instructions carefully.
- Discomfort and pain: Some discomfort will be experienced during and after the IPL treatment. Topical and/or local injection of anaesthesia when and if deemed appropriate should be offered to the patient.
- Pigment changes (skin colour): During the healing process, the treated area may become either lighter or darker in colour than the surrounding skin. This is usually temporary, but on a rare occasions, it may be permanent.
- Sun exposure: Once the surface has healed, it may be pink and sensitive to the sun. Treated areas should be blocked completely. A sun block with both UVA and UVB protection and an SPF greater than 40 should be used at all times in areas not protected by clothing, whether or not the patient is in direct sunlight.
- Blindness and eye damage: The light, without protective eyewear, may cause visual loss including blindness. It is important to keep eye shields on at all times during the procedure, and for the eyes to be kept closed in order to protect them from accidental light exposure.

Cryomed
Aesthetics

WHAT THE PATIENT CAN EXPECT FROM CBL2 HAIR REDUCTION TREATMENT

Ensure the patient is not contraindicated for CBL hair reduction, either by any medical condition or medication. Ensure that the patient provides a complete list of any medications that may affect the body's sensitivity to light.

It is important to explain that every medical treatment has some risks and potential complications, and that even though these are rare, it is possible they could occur. The patient must understand the risks and complications prior to signing the consent form.

Explain the need for eye protection and the sensations the patient can expect during the treatment.

Ensure that the patient understands the After-Care instructions in the Information Guide.

- › Avoid hot baths and showers for 24 hours.
- › Avoid swimming in heavily chlorinated water for 24 hours.
- › Apply sunblock to any treated skin that is exposed.
- › Do not wax or tweeze between treatments. Explain that waxing or tweezing means that the light pulse that kills the hair cannot reach the hair follicle if the hair has been removed. Shaving is permissible.
- › Explain why several treatments are required to achieve maximum hair reduction: that hair grows in cycles, and not all hair follicles are active simultaneously.
- › Recommend appropriate moisturisers or cooling agents such as Aloe Vera for the patient's use.



Cryo Broadlight 2

CONFIDENTIAL CLIENT ASSESSMENT AND TREATMENT RECORD

Name: _____

Address: _____

Gender: M NO
 F

Age: _____

Phone: _____

GENERAL INFORMATION

What areas of unwanted hair are of particular concern to the patient?

Has the patient had previous hair removal/reduction treatment? If so, what?

What would the patient like to achieve from this treatment?

MEDICAL HISTORY / PATIENT ASSESSMENT

Is the client pregnant?

YES NO *(If yes, decline treatment)*

Is the client using tanning booths or has had sun exposure?

YES NO *(If yes, postpone treatment)*

Does the client have active outdoor pursuits?

YES NO

Has the client had dermal filler treatment recently?

YES NO *(Wait approximately 14 days before/after injection treatment)*

Does the client have, or has the client had cancer or cancerous lesions?

YES NO *(If yes, advise the client to seek advice from a cancer specialist before proceeding with treatment.)*

Does the client have any allergies? If so, specify:

Does the client smoke?

YES NO *(If yes, explain potential negative effect on treatment.)*

Does the client suffer from regular or intermittent cold sores/fever blisters?

YES NO *(If yes, have the client use their regular medication to help prevent an outbreak following treatment)*

Is the client using:

RETIN-A ROACUTANE *(If yes, postpone treatment)*

Is the client using any of the following:

- HORMONES CONTRACEPTIVE PILL OTHER MEDICATION

If other medication, please specify:

(Please explain to the patient that some medications may produce a heightened sensitivity, or act as a trigger for hyper pigmentation.)

Is the client using:

- Glycolic / AHA home care products?

If so, please specify:

How does the skin react to them?

Fitzpatrick Skin Type

- I II III IV V VI

Comments/Clarification:

Skin description (check all that apply):

- | | | |
|-----------------------------------|---|--|
| <input type="checkbox"/> NORMAL | <input type="checkbox"/> T-ZONE/COMBINATION | <input type="checkbox"/> CYSTIC ACNE |
| <input type="checkbox"/> OILY | <input type="checkbox"/> COMEDONES | <input type="checkbox"/> UNEVEN/BLOTCHY |
| <input type="checkbox"/> DRY | <input type="checkbox"/> FLORID ROSACEA | <input type="checkbox"/> HYPER-PIGMENTED |
| <input type="checkbox"/> FRECKLED | <input type="checkbox"/> SUN-DAMAGED | <input type="checkbox"/> MELASMA |
| <input type="checkbox"/> SCARRED | <input type="checkbox"/> WRINKLED | <input type="checkbox"/> MILIA |
| <input type="checkbox"/> SAGGY | <input type="checkbox"/> LARGE PORES | <input type="checkbox"/> FACIAL HAIR |
| <input type="checkbox"/> MATURE | <input type="checkbox"/> OCCASIONAL BREAKOUTS | <input type="checkbox"/> BODY HAIR |
| <input type="checkbox"/> ACNE | | |

Has the client signed the consent form?

- YES NO *(It is a legal requirement for the client to sign the consent form and treatment cannot proceed without it.)*

PATIENT SKIN TYPE ASSESSMENT

GENETIC DISPOSITION

Score	0	1	2	3	4
Eye colour	Light blue, grey, or green	Blue, grey, or green	Blue	Dark brown	Brownish Black
Natural hair colour	Sandy red	Blond	Chestnut or dark blond	Dark brown	Black
Colour of non-exposed areas of skin	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown
Extent of freckles	Many	Several	Few	Incidental	None
Total score for genetic disposition: _____ + _____ + _____ + _____ = _____					

REACTION TO SUN EXPOSURE

Score	0	1	2	3	4
Reaction to sun	Painful redness, blistering, peeling	Blistering, followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burns
Degree of tanning	Hardly, or not at all	Light colour tan	Reasonable tan	Tan very easily	Turn dark brown quickly
Time to tan	Never	Seldom	Sometimes	Often	Always
Sensitivity of face to sun	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem
Total score for reaction to sun exposure: _____ + _____ + _____ + _____ = _____					

TANNING HABITS

Score	0	1	2	3	4
Last exposure to natural or artificial tanning	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago
Has the treatment area been exposed?	Never	Hardly ever	Sometimes	Often	Always
Total score for tanning habits: _____ + _____ + _____ + _____ = _____					

TOTAL SCORE: _____

FITZPATRICK SKIN TYPE CLASSIFICATION:

SKIN TYPE SCORE	FITZPATRICK SKIN TYPE
0-7	I
8-16	II
17-25	III
26-30	IV
over 30	V-VI

FITZPATRICK CLASSIFICATIONS:

SKINTYPE	COLOUR	REACTION TO UVA	REACTION TO SUN
TYPE I	Caucasian; blond or red hair, freckles, white, very fair skin, blue eyes	Very sensitive	Always burns easily, never tans; very fair skin tone
TYPE II	Caucasian; blond or red hair, freckles, fair skin, blue or green eyes	Very sensitive	Usually burns easily, tans with difficulty, fair skin tone
TYPE III	Darker Caucasian, light Asian; 'creamy-white' skin, any hair and eye colour	Sensitive	Burns moderately, tans gradually; fair to medium skin tone
TYPE IV	Mediterranean, Asian, Hispanic; brown skin and eyes	Moderately sensitive	Rarely burns, always tans well; medium skin tone
TYPE V	Middle Eastern, Latin, light-skinned black/dark brown skin, Indian	Minimally sensitive	Very rarely burns, tans very easily; olive or dark skin tone
TYPE VI	Black, Nigerian, black hair, brown eyes	Least sensitive	Never burns, deeply pigmented; very dark skin tone

PATIENT EXPLANATION

One of the most important determining factors in designing the right treatment for your skin is your skin type. The Fitzpatrick Classifications categorise your skin according to your genetic makeup, the way your skin reacts to sun exposure, and your own personal habits with regard to sun exposure.

If a patient has a score of over 30, he/she will not be a good candidate for CBL treatment. If the score is between 25 and 30, you should perform a spot test to determine whether CBL will be effective.

Type I is usually considered ideal for CBL treatment, and Types II and III generally produce very good results. Type IV may be acceptable, depending on the results of the spot test, but Types V and VI are not recommended for IPL treatment.

IPL hair reduction is most effective in treating darker hair. However, Cryo Broadlight can also make a difference to the amount of lighter coloured unwanted hair.



PHOTOSENSITIVITY

When a person has an abnormal sensitivity to UV rays from the sun or another UV source, he/she is said to be photosensitive. Some medications can increase sensitivity to UV light, and to IPL and other light-based therapy. You should advise patients to discontinue taking any medication that might cause sensitivity at least 2 weeks before their treatment. If the area to be treated is exposed, the patient should also limit exposure to the sun and make sure the skin is protected. IPL treatment should not be administered to someone who has had significant sun exposure in the 2 weeks preceding treatment.

You should explain to the patient that taking these medications does not exclude him/her from having IPL treatment, but additional precautions should be taken and/or the treatment possibly delayed briefly.

Below are lists of some of the medications known to cause photosensitivity:

Antibiotics

- . Doxycycline (*acne treatment*)
- . Griseofulvin (*ringworm treatment*)
- . Minocycline (*acne treatment*)
- . Tetracyclines (*acne treatment*)
- . Sulphonamides (*Bactrim, Septrim, Sultrin*)

Antidepressants

- . Amitriptyline (*Tryptanol, Triptine, Amitrol, Endep, Mutabon*)
- . Imipramine (*Melipramine, Tofranil*)
- . Nortriptyline (*Allergron*)
- . Antimalarials
- . Chloroquine
- . Quinine

Herbal preparations & miscellaneous medications

- . St John's Wort
- . Ginko Biloba
- . Orange Oil (*and possibly other citrus oils*)
- . Herbal HRT Therapies

Antihistamines

- . Diphenhydramine (*Dramamine*)
- . Cyproheptadine (*Periactin*)

CBL2

Cryo Broadlight™ 2

TREATMENT PROTOCOL GUIDE HAIR REDUCTION

Cooling Temperature: +5 to -10

Skin Type	Dark Hair	Medium Hair	Light Hair	Pulse Width	Filter
I-II	5-10J/cm	7-15J/cm	10-20J/cm	12-16ms	585nm
III-IV	5-10J/cm	7-15J/cm	10-20J/cm	16-20ms	640nm
V-VI	N/A	N/A	N/A	N/A	N/A

Pulse can be split for sensitive skin into Twin and Triple pulse as needed.

PLEASE NOTE, THIS IS A GUIDE ONLY

CBL2

TREATMENT RECORD



Name: _____ D.O.B. _____
Skin type: _____ Texture: _____
Hair: _____ Neck: _____
Body: _____

Gender: M F

TREATMENT DATA

Therapist: _____ Filter: _____
Fluence: _____ Pulse: _____

Treatment Area: _____

Treatment Notes: _____

REVIEW DATA

% Improvement: POOR GOOD EXCELLENT OR % _____

Comments: _____

TREATMENT DATA

Therapist: _____ Filter: _____
Fluence: _____ Pulse: _____

Treatment Area: _____

Treatment Notes: _____

REVIEW DATA

% Improvement: POOR GOOD EXCELLENT OR % _____

Comments: _____

REJUVENATION



CBL2
Cryo Broadlight™ 2

CryoMed
Aesthetics

ADVANCED INTENSE PULSED LIGHT FOR SKIN REJUVENATION

PATIENT INFORMATION GUIDE

The Cryo Broadlight System (CBL2) uses the latest advances in light treatment technology for skin photo rejuvenation, helping to restore a smooth, even complexion. It is ideal for treating several skin types and skin problems, including sun-damaged skin, dark circles under the eyes and fine wrinkles. Its multi-spot tips ensure accurate and customised treatment of all blemishes. This results in highly efficient treatment that is tailored to your specific needs.

WHAT IS CBL PHOTO REJUVENATION?

Photo rejuvenation uses light to help restore a more youthful appearance to your skin. Over time, it can lead to a general improvement in skin tone and texture, giving you a refreshed appearance.

Cryo Broadlight uses light energy in the form of pulses of intense light (IPL). It has powerful built-in technology to direct and control the bursts of light and to ensure the most reliable treatment.

IPL was originally (and still is) used for permanent hair reduction. However, patients receiving treatment for hair removal began reporting a reduction in fine lines and wrinkles in the treated areas. Researchers discovered that, over time, the heat generated during IPL treatment stimulates new collagen production in the deeper layers of the skin. This new collagen production helps to smooth fine wrinkles and results in a clearer complexion.

WHO CAN BENEFIT FROM CBL PHOTO REJUVENATION?

If you have sun damaged skin, fine wrinkles or dark circles under your eyes, it is likely that Cryo Broadlight Photo Rejuvenation will help you significantly. However, your Doctor or Nurse will confirm the best treatment for you after a thorough examination of your skin.

CBL 2 is also used for treating a range of vascular lesions, which is the term given to the myriad of changes that can occur in facial blood vessels. Some common examples of these lesions are telangiectasia, spider nevi, rosacea and angiomas. Facial flushing and background redness also fall under this category. CBL's intense pulsed light targets the haemoglobin, and the heat produced causes the vessel to constrict and eventually to be destroyed. It is then eliminated by the body.

CBL 2 can be used in the control of active acne and overactive sebaceous glands, and can significantly reduce the number and severity of active lesions. This in turn helps to lessen inflammation and the frequency of break outs.

People with a broad range of skin types and hair colouring can be successfully treated with Cryo Broadlight. However, skin that has been recently sun-tanned, or over-exposed to the sun, should not be treated. Certain medications may also preclude you from receiving treatment, or require that your treatment be postponed.

HOW CRYO BROADLIGHT 2 WORKS

CBL uses 6 filters and built-in technology that automatically determines the correct wavelength. Its multi-spot tips ensure accurate and customised treatment of all areas. This results in highly effective treatment that is tailored to your specific needs.

Cryo Broadlight uses state of the art Genesis Toning Pulse, which, unlike earlier IPL systems, delivers completely even, 'square' bursts of controlled and micro-processed energy. This minimises unwanted effects from variations in the energy impulse, providing a much more reliable outcome. It delivers pain-free treatment to stimulate and remodel collagen deep in the dermal layer of your skin. A very rapid repetition rate ensures that your treatment is efficient as well as effective.

CLB's Skin Cooling System maintains the cooling temperature of the contact point to enhance your comfort throughout the procedure.

YOUR TREATMENT

Your eyes must always be protected for IPL treatment, so your practitioner will cover them with eye pads and/or dark glasses. A cool gel will be spread over the area of skin to be treated. The surface of the handpiece is placed against your skin and you will be aware of the pulses of light flashing. You will feel a slight sting, as if a rubber band is being snapped against your skin, but any discomfort is minimal because of CBL's advanced Skin Cooling System.

The length of the treatment will depend on the size of the area being treated. At the end of the treatment, a moisturising cream and sunblock will be applied.

IPL treatment does not involve any downtime, so you will be free to resume your day's activities when the treatment is complete.

AFTER-CARE

If there is any mild swelling, you might be given a cold pack to apply to your skin for a few minutes.

You must protect your skin with a good sunblock at all times. Daily use of medical-grade skin care products will help optimise your results.

RECOMMENDED NUMBER OF TREATMENTS

For best results, most people need a series of 3 – 5 treatments, each spaced about a month apart. The exact number of treatments will depend on the nature and extent of the skin issues being treated. You will be able to see some improvement after each treatment, until you achieve the desired result.

CBL2

Cryo Broadlight™ 2

IPL SKIN REJUVENATION CONSULTANT GUIDE



The Cryo Broadlight 2 IPL System (CBL2) is a unique and highly sophisticated IPL system that incorporates the exclusive Genesis Toning Pulse “GP” technology and Skin Cooling Technology. Its multi-spot tips ensure accurate and customised treatment of all areas. This results in highly efficient treatment that is tailored to the patient’s specific needs. These features help to deliver superior results and to reduce discomfort for the patient.

Accurate, positive and appropriate communication with patients—before, during and after treatment—is essential. This guide is designed to assist you to provide the best possible service for your patients.

PATIENT ENQUIRIES

A few simple principles should guide your approach to patient enquiries:

- Always begin by asking prospective patients about themselves. Listen carefully to everything the patient has to tell you. This is vitally important in establishing a rapport with the person, and in determining the right advice to provide him/her.
- Always answer questions clearly and in plain English. Remember that patients usually have little medical knowledge and can be put off by terms and ‘jargon’ they don’t understand.
- Make sure you can explain the benefits of the treatment in terms that are relevant to the patient’s life.
- Use the assessment form (pages 4-7) to qualify the patient’s concerns and expectations, and add medical information as it becomes available during your discussion with the patient.

QUALIFYING YOUR PATIENT

- Motivation for treatment, and personal goals:
 - › What concerns you most about your skin?
 - › Have you ever had skin treatment; and if so, what was it, and how did your skin respond?
 - › What would you most like to achieve from having treatment?
- Medical history: complete the Treatment Record as you talk, but unless the patient has committed to treatment, don’t go through the entire form. That should happen before the patient signs consent for the treatment.
- Explain CBL treatment and benefits.

CRYO BROADLIGHT 2: HOW THE TREATMENT WORKS AND ITS BENEFITS

Explain CBL treatment in terms of the outcome the patient can expect.

- CBL Photo Rejuvenation treatment treats skin damage non-invasively, that is, without disrupting the external layer of skin (the epidermis). CBL2 is the gold standard for photo rejuvenation; it is at the forefront of innovation and excellence in IPL technology.
- CBL Photo Rejuvenation can make a difference to the appearance of the skin by helping to restore a smooth, even complexion.
- CBL Photo Rejuvenation is sometimes called a “photofacial”. Photorejuvenation is the term used to describe the use of light to treat



CBL2
Cryo Broadlight™ 2

ADVANCED INTENSE PULSED LIGHT

CryoMed
Aesthetics

POSSIBLE RISKS AND COMPLICATIONS

All medical procedures involve risk to some degree. It is important before undergoing any procedure that a patient is not only aware of the potential benefits, but also of the risk, no matter how slight, of side-effects and complications.

Because intense pulsed light is not an exact science, no guarantees or assurances can be made as to the outcome. However, based on experience, there is a strong likelihood of a positive result from the treatment.

Clinical results may vary depending on individual factors, including, but not limited to, medical history, amount of sun damage or textural problems, patient compliance with pre/post-treatment instructions, and individual response to treatment.

The complications that may occur in connection with this procedure could include the following:

- * Infection: Albeit rare, skin infection is a possibility whenever a skin procedure is performed. Although rare, it is possible for a skin infection to become a blood-borne widespread infection.
- * Blood clots in veins and lungs: Albeit extremely rare, it may be possible to develop a blood clot associated with this treatment that travels (embolises) to the heart and/or lungs.
- * Allergic reactions: Although uncommon, it is possible to develop an allergic reaction to medicines applied to the treated area, or prescribed for the patient.
- * Hemorrhage and bruising: Bruising in the treated area is possible, especially if, within the previous ten (10) days, the patient has taken aspirin or aspirin-containing products, or other medications that "thin" the blood.
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- * Discomfort and pain: Some discomfort will be experienced during and after the IPL treatment. Topical and/or local injection of anaesthesia when and if deemed appropriate should be offered to the patient.
- * Pigment changes (skin colour): During the healing process, the treated area may become either lighter or darker in colour than the surrounding skin. This is usually temporary, but on a rare occasions, it may be permanent.
- * Sun exposure: Once the surface has healed, it may be pink and sensitive to the sun. Treated areas should be blocked completely. A sun block with both UVA and UVB protection and an SPF greater than 40 should be used at all times in areas not protected by clothing, whether or not the patient is in direct sunlight.
- * Blindness and eye damage: The light, without protective eyewear, may cause visual loss including blindness. It is important to keep eye shields on at all times during the procedure, and for the eyes to be kept closed in order to protect them from accidental light exposure.



IPL SKIN REJUVENATION

CONSULTANT GUIDE



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- Always answer questions clearly and in plain English. Remember that patients usually have little medical knowledge and can be put off by terms and ‘jargon’ they don’t understand.
- Make sure you can explain the benefits of the treatment in terms that are relevant to the patient’s life.
- Use the assessment form (pages 4-7) to qualify the patient’s concerns and expectations, and add medical information as it becomes available during your discussion with the patient.

QUALIFYING YOUR PATIENT

- Motivation for treatment, and personal goals:
 - What concerns you most about your skin?
 - Have you ever had skin treatment; and if so, what was it, and how did your skin respond?
 - What would you most like to achieve from having treatment?
- Medical history: complete the Treatment Record as you talk, but unless the patient has committed to treatment, don’t go through the entire form. That should happen before the patient signs consent for the treatment.
- Explain CBL treatment and benefits.
-

CRYO BROADLIGHT 2: HOW THE TREATMENT WORKS AND ITS BENEFITS

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- CBL Photo Rejuvenation can make a difference to the appearance of the skin by helping to restore a smooth, even complexion.
- CBL Photo Rejuvenation is sometimes called a “photofacial”. Photorejuvenation is the term used to describe the use of light to treat

a range of skin conditions. It is a simple procedure that takes around 30 minutes (depending on the size of the area to be treated).

- * Skin ageing is caused by a combination of internal and environmental factors, many of which contribute to a lack of the moist building blocks of youthful skin, collagen. Sun damage is known to be a strong contributor to skin ageing.
- * CBL works by penetrating deep into the skin with intense pulses of light. Cryo Broadlight uses a series of filters, depending on the target. These promote very accurate treatment and also help to minimise treatment duration.
- * CBL 2 also has a range of spot tips that enable specific and accurate treatment of blemishes.
- * The benefits of CBL occur gradually in the weeks after the treatment. Depending on your skin issues, we will advise you on the appropriate number of treatments to achieve the best results.

WHAT THE PATIENT CAN EXPECT FROM CBL2 TREATMENT

- * Explain the need for eye protection and the sensation of the treatment.
- * Ensure that the patient understands the After-Care instructions in the Information Guide.
 - Avoid hot baths and showers for 24 hours.
 - Avoid swimming in heavily chlorinated water for 24 hours.
 - Apply sunblock to any treated skin that is exposed.
- * Recommend appropriate moisturisers or cooling agents such as aloe vera for the patient's use.
- * Brown spots will seem a little more obvious for a few days, then they will gradually fade over time. With successive treatments, the skin will become clear.

- * The skin gradually appears finer and smoother in texture.
- * The skin appears more 'plumped up' and fine lines are less obvious as collagen formation helps rejuvenate the deeper layers of the skin.
- * Because IPL treatment is not invasive, there is no downtime. You will need to avoid sun and UV exposure before and after treatment, and there may be other mild heat effects which can be managed with simple remedies. However, IPL treatment does not disrupt your normal life.
- * It is important to explain that every medical treatment has some risks and potential complications, and that even though these are rare, it is possible they could occur. The patient must understand the risks and complications prior to signing the consent form.
- * As with any medical treatment, it is important to follow before and after instructions carefully to achieve the best results.
- * If possible, show the patient pictures of people before and after treatment. Ideally, this will include pictures of the process, so the patient can understand that it takes time and a program of treatments to achieve the desired goal.

Is the client using any of the following:

- HORMONES CONTRACEPTIVE PILL OTHER MEDICATION

If other medication, please specify:

(Please explain to the patient that some medications may produce a heightened sensitivity, or act as a trigger for hyperpigmentation.)

Is the client using:

- Glycolic / AHA home care products?

If so, please specify:

How does the skin react to them?

Fitzpatrick Skin Type

- I II III IV V

Comments/Clarification:

Skin description (check all that apply):

- | | | |
|--------------------------------------|---|---|
| <input type="checkbox"/> NORMAL | <input type="checkbox"/> T-ZONE/COMBINATION | <input type="checkbox"/> ACNE |
| <input type="checkbox"/> OILY | <input type="checkbox"/> COMEDONES | <input type="checkbox"/> CYSTIC ACNE |
| <input type="checkbox"/> DRY | <input type="checkbox"/> FLORID ROSACEA | <input type="checkbox"/> OCCASIONAL BREAKOUTS |
| <input type="checkbox"/> FRECKLED | <input type="checkbox"/> SUN-DAMAGED | <input type="checkbox"/> MELASMA |
| <input type="checkbox"/> SCARRED | <input type="checkbox"/> WRINKLED | <input type="checkbox"/> MILIA |
| <input type="checkbox"/> SAGGY | <input type="checkbox"/> LARGE PORES | <input type="checkbox"/> SPIDER VEINS |
| <input type="checkbox"/> MATURE | <input type="checkbox"/> UNEVEN/BLOTCHY | <input type="checkbox"/> TELANGIECTASES |
| <input type="checkbox"/> FACIAL HAIR | <input type="checkbox"/> HYPERPIGMENTED | <input type="checkbox"/> BROKEN CAPILLARIES |
| <input type="checkbox"/> BODY HAIR | <input type="checkbox"/> ANGIOMAS | <input type="checkbox"/> POIKILODERMA OF CHEEKS |

Has the client signed the consent form?

- YES NO *(It is a legal requirement for the client to sign the consent form and treatment cannot proceed without it.)*

PATIENT SKIN TYPE ASSESSMENT

GENETIC DISPOSITION

Score	0	1	2	3	4
Eye colour	Light blue, grey, or green	Blue, grey, or green	Blue	Dark brown	Brownish Black
Natural hair colour	Sandy red	Blond	Chestnut or dark blond	Dark brown	Black
Colour of non-exposed areas of skin	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown
Extent of freckles	Many	Several	Few	Incidental	None

Total score for genetic disposition: _____ + _____ + _____ + _____ = _____

REACTION TO SUN EXPOSURE

Score	0	1	2	3	4
Reaction to sun	Painful redness, blistering, peeling	Blistering, followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burns
Degree of tanning	Hardly, or not at all	Light colour tan	Reasonable tan	Tan very easily	Turn dark brown quickly
Time to tan	Never	Seldom	Sometimes	Often	Always
Sensitivity of face to sun	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem

Total score for reaction to sun exposure: _____ + _____ + _____ + _____ = _____

TANNING HABITS

Score	0	1	2	3	4
Last exposure to natural or artificial tanning	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago
Has the treatment area been exposed?	Never	Hardly ever	Sometimes	Often	Always

Total score for tanning habits: _____ + _____ + _____ + _____ = _____

TOTAL SCORE: _____

FITZPATRICK SKIN TYPE CLASSIFICATION:

SKIN TYPE SCORE	FITZPATRICK SKIN TYPE
0-7	I
8-16	II
17-25	III
26-30	IV
over 30	V-VI

FITZPATRICK CLASSIFICATIONS:

SKIN TYPE	COLOUR	REACTION TO UVA	REACTION TO SUN
TYPE I	Caucasian; blond or red hair, freckles, white, very fair skin, blue eyes	Very sensitive	Always burns easily, never tans; very fair skin tone
TYPE II	Caucasian; blond or red hair, freckles, fair skin, blue or green eyes	Very sensitive	Usually burns easily, tans with difficulty, fair skin tone
TYPE III	Darker Caucasian, light Asian; 'creamy-white' skin, any hair and eye colour	Sensitive	Burns moderately, tans gradually; fair to medium skin tone
TYPE IV	Mediterranean, Asian, Hispanic; brown skin and eyes	Moderately sensitive	Rarely burns, always tans well; medium skin tone
TYPE V	Middle Eastern, Latin, light-skinned black/dark brown skin, Indian	Minimally sensitive	Very rarely burns, tans very easily; olive or dark skin tone
TYPE VI	Black, Nigerian, black skin, brown eyes	Least sensitive	Never burns, deeply pigmented; very dark skin tone

PATIENT EXPLANATION

One of the most important determining factors in designing the right treatment for your skin is your skin type. The Fitzpatrick Classifications categorise your skin according to your genetic makeup, the way your skin reacts to sun exposure, and your own personal habits with regard to sun exposure.

If a patient has a score of over 30, he/she will not be a good candidate for CBL treatment. If the score is between 25 and 30, you should perform a spot test to determine whether CBL will be effective.

Type I is usually considered ideal for CBL treatment, and Types II and III generally produce very good results. Type IV may be acceptable, depending on the results of the spot test, but Types V and VI are not recommended for CBL treatment.

PHOTOSENSITIVITY

When a person has an abnormal sensitivity to UV rays from the sun or another UV source, he/she is said to be photosensitive. Some medications can increase sensitivity to UV light, and to CBL and other light-based therapy. You should advise patients to discontinue taking any medication that might cause sensitivity at least 2 weeks before their treatment. They should also limit their exposure to the sun and make sure they protect their skin. CBL treatment should not be administered to someone who has had significant sun exposure in the 2 weeks preceding treatment.

You should explain to the patient that taking these medications does not exclude him/her from having CBL treatment, but additional precautions should be taken and/or the treatment possibly delayed briefly.

Below are lists of some of the medications known to cause photosensitivity:

Antibiotics

- . Doxycycline (*acne treatment*)
- . Griseofulvin (*ringworm treatment*)
- . Minocycline (*acne treatment*)
- . Tetracyclines (*acne treatment*)
- . Sulphonamides (*Bactrim, Septrim, Sultrin*)

Antidepressants

- . Amitriptyline (*Tryptanol, Triptine, Amitrol, Endep, Mutabon*)
- . Imipramine (*Melipramine, Tofranil*)
- . Nortriptyline (*Allergon*)
- . Antimalarials
- . Chloroquine
- . Quinine

Herbal preparations & miscellaneous medications

- . St John's Wort
- . Ginko Biloba
- . Orange Oil (*and possibly other citrus oils*)
- . Herbal HRT Therapies

Antihistamines

- . Diphenhydramine (*Dramamine*)
- . Cyproheptadine (*Periactin*)

CBL2

TREATMENT RECORD



Name: _____ D.O.B. _____
Skin type: _____ Texture: _____
Hair Type: _____

Gender: M F

TREATMENT DATA

Therapist: _____ Filter: _____
Fluence: _____ Pulse: _____

Treatment Area: _____

Treatment Notes: _____

REVIEW DATA

% Improvement: POOR GOOD EXCELLENT OR % _____

Comments: _____

TREATMENT DATA

Therapist: _____ Filter: _____
Fluence: _____ Pulse: _____

Treatment Area: _____

Treatment Notes: _____

REVIEW DATA

% Improvement: POOR GOOD EXCELLENT OR % _____

Comments: _____

SAMPLE CONSENT FORM



I understand that the CBL2 is a device used for hair removal, skin rejuvenation, acne treatment, wrinkle reduction, facial redness and vascular treatments.

I am consenting to be a patient receiving _____ treatment (specify procedure).

I understand that clinical results may vary depending on individual factors, including but not limited to medical history, skin type, patient compliance with pre- and post-treatment instructions, and individual response to treatment.

I understand that there is a possibility of short-term effects such as reddening, mild burning, temporary bruising and temporary discoloration of the skin, among others, as well as the possibility of rare side effects such as scarring and permanent discoloration. These effects have been fully explained to me.

I understand that treatment with the CBL2 involves a series of treatments and the fee structure has been fully explained to me.

I certify that I have been fully informed of the nature and purpose of the procedure, expected outcomes and possible complications, and I understand that no guarantee can be given as to the final result obtained. I am fully aware that my condition is of cosmetic concern and that the decision to proceed is based solely on my expressed desire to do so.

I confirm that I have informed the staff regarding any current or past medical condition, disease or medication taken.

I consent to the taking of photographs and authorize their anonymous use for the purposes of medical audit, education and promotion.

I certify that I have been given the opportunity to ask questions and that I have read and fully understand the contents of this consent form.

_____ Patient Name	_____ DOB
_____ Patient Signature	_____ Date
_____ Witness (Name)	_____ Signature