

BBL HEROic™

Broadband light for pigmentation, redness and photoageing.

BBL (BroadBand Light) is a non-invasive light-based treatment used for selected concerns including pigmentation, vascular lesions and signs of photoageing. Treatment is consultation-led, with settings and treatment intensity matched to your skin type, goals and individual suitability.

WHAT IT TREATS

BBL may be considered for selected pigmentation concerns such as freckles, age spots and sun damage; selected vascular concerns including small broken capillaries, diffuse redness and rosacea; selected signs of photoageing such as fine lines; active acne management; and uneven skin tone and texture. It may also be used for hair reduction and, in carefully selected patients, for skin laxity support. Suitability is confirmed at consultation.

HOW IT WORKS

BBL delivers a broad spectrum of light energy that is absorbed by pigment or vascular targets in the skin, generating heat that initiates a controlled healing response. Over time this can stimulate collagen and elastin remodelling. Visible change is gradual rather than immediate, and a course of treatments is usually planned for cumulative results.

WHAT TO EXPECT DURING TREATMENT

You will be positioned comfortably and given protective eyewear. A cool gel is applied to the treatment area. The BBL handpiece is passed evenly across the skin, delivering pulses of light. Sensation is usually described as warmth with a brief rubber-band snap. Topical anaesthetic is not typically required. A full-face treatment usually takes 20-30 minutes.

DOWNTIME AND RECOVERY

Most patients return to normal activity, including work and makeup, the same day. Mild redness for a few hours is common. Pigmented lesions typically darken over the next 24-48 hours and flake off over 7-14 days — these should be left alone to heal. Skin on the body may take longer to settle than the face.

RISKS AND COMPLICATIONS

Common side effects. Mild redness and swelling similar to a low-grade sunburn, settling within hours. Temporary darkening of pigmented spots before they fade and flake off. Brief warmth and tenderness at treated sites.

RARE / SERIOUS RISKS — MATERIAL RISKS

Please read carefully — these form part of your informed consent.

Burns, blistering and scarring are rare but recognised risks, more likely with darker skin types, recent sun exposure or a tendency to keloid scarring. Pigment change — both hyperpigmentation (darkening) and hypopigmentation (lightening) — can occur, and the risk is higher in Fitzpatrick III-VI skin. As with any procedure involving the skin, infection is possible. An incomplete or unsatisfactory cosmetic response can also occur and may require additional treatments.

PRE-TREATMENT INSTRUCTIONS

Avoid sun exposure and solariums for 2-4 weeks before treatment. Pause topical retinoids and exfoliants for one week. Tell your clinician about all medications, particularly those causing photosensitivity. Avoid other skin treatments (peels, needling, laser) in the 2 weeks before your BBL session.

POST-TREATMENT INSTRUCTIONS

Avoid direct sun exposure for 14 days and use a broad-spectrum SPF 30+ daily. Cleanse with a gentle cleanser and lukewarm water; keep the skin well moisturised. Avoid strenuous exercise, hot tubs and saunas for 48 hours. Do not pick or scratch darkened or flaking skin — this can cause scarring.

EXPECTED RESULTS AND TIMELINE

Some improvement may be visible after a single session, but a course of 3-5 treatments spaced 4-6 weeks apart is typically recommended for clearer cumulative results. Maintenance treatments once or twice a year are commonly used to support results.

CONTRAINDICATIONS

BBL may not be suitable if you are pregnant or breastfeeding, have a history of skin cancer in the treatment area, have an active infection or inflammatory skin condition locally, have a history of keloid scarring, have used isotretinoin (Accutane) in the past 6 months, or have a pacemaker or other implanted electronic device.

QUESTIONS BEFORE CONSENT

If anything in this document is unclear, please ask before signing your consent form. Your clinician will confirm suitability, expected outcomes and risks specific to your skin.

Disclaimer: This document provides general information and does not replace a formal medical consultation. Please discuss any questions with your treating practitioner prior to signing your consent form.

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