



TROUTMAN
RICHARDSON
AESTHETIC CENTER

DECEMBER NEWSLETTER 2018

What is BBL?



DOCTOR'S CORNER

Beautiful skin in a flash

We have come along way with a lot of things in today's age, but what we have yet to discover is how to truly reverse or stop aging. What we do have are tools to slow the aging process and ways to correct the damage that has already been done. Thanks to the natural aging process, sun exposure, pollution and many other factors, over time the skin starts to expose pigmentation, facial veins, wrinkles and overall dullness. Thankfully, with BroadBand Light Therapy by Sciton, you don't have to be stuck with those age spots, brown spots or that uneven skin texture. BBL helps to soften or erase the appearance of damage which can ultimately take years off your complexion or just simply help you become more confident in your skin.

For years, we have heard the term IPL and BBL, but what does BBL really mean for you and your skin? BBL stands for Broad Band Light and is the world's most powerful IPL (intense pulsed light) device on the market. It is a cutting-edge treatment that uses short blasts of high-intensity light to produce younger-looking skin that's firmer and more even in tone and texture. The light energy delivered by the BBL will gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate new collagen. This restores your skin to its natural beauty, blending its natural colors and making it smoother, vibrant and younger looking. In addition, the photothermal energy will eliminate fine vessels that cause



redness and will reduce unwanted melanin that produces pigmented lesions. The benefits to Sciton BBL treatment are proven in scientific studies. A Stanford University study reveals that treatments with BBL can alter the expression of genes associated with aging. In fact, after treatment, cells more closely resemble the cells of younger skin.

BBL can treat pigment issues such as freckles and age spots, vascular lesions such as those pesky bloody vessels, acne lesions, unwanted hair and uneven skin texture/tone. Patients say that their skin after even just one BBL starts to feel smoother, pores are less noticeable, and uneven pigmentation has started to fade. The BBL treatment is most commonly done on the face, neck, chest, hands and arms, but if you have issues in other areas, a consult with one of our physicians can determine if it is an eligible area as well. A lot of people ask about the discomfort of the BBL. It is best explained by referring to the sensation as a "rubber band-like" snap. The machine is also equipped with advanced cooling features, allowing the use of high-powered energy with minimal discomfort. Your doctor can adjust the settings of the BBL to attack and address the exact issues that are causing you concerns. By working with a physician, you can have a peace of mind that your treatment will be done safely within the parameters that are specific to your skin type, skin issues and skin history.

Directly after your BBL, you may experience some redness and the skin may feel as if you have a slight sunburn. The redness should resolve within a few hours. Depending on how aggressive your treatment is and how you personally respond, you may also see some moderate swelling. Do not be alarmed, this is normal and won't hang around for too long. In the days after your BBL, in spots you may see a darkening of the treated areas followed by fading and flaking off at a later stage. This is good news, the darkness and flaking is your skin getting rid of the pigment and means your treatment is working!

Everybody's plan looks different whether we are talking about BBLs or Botox. The best thing to do is to come in for a complimentary consultation with either Dr. Troutman or Dr. Richardson. Your consultation is the perfect time to discuss all areas where you are unhappy or seeking improvement. Your physician will then work directly with you to develop a plan that fits your lifestyle, your budget and your needs. When it comes to BBL treatments, we often suggest a series of 3-4 BBL treatments spaced out every 3-4 weeks. After the series, patients will then enter the maintenance phase which means less frequent visits that are to maintain and fine tune results. In your consultation your doctor will also discuss what medicines you are taking and what skincare you are using, paying close attention to any medicines that cause photosensitivity as well as any retinols or hydroquinone products that you may be using topically. They will advise you on their specific instructions for use of these in the weeks leading up to or after your BBL. Patients see the best long-term results when they add a consistent skincare regimen, keep up on their maintenance BBLs and try to avoid as much direct sun exposure as their life allows.

With little recovery time and no surgery, BBL offers a safe, FDA-cleared option for sun damage, anti-aging, and skin rejuvenation that will leave you looking refreshed and feeling more confident.

Receive a Face BBL in the month of December and get a complimentary neck BBL



Angie's Corner: The HydraFacial = your Holiday glow go-to

Get your glow on for the holidays with a HydraFacial. Hydrafacial is our hydrating, non-ablative, skin resurfacing technology. You can expect your results to be comparable to peels and microdermabrasion without the dreaded discomfort or down time. I'm positive that you will find HydraFacials to be relaxing and a refreshing new approach to fantastic skin.

HydraFacial uses specially formulated serums in combination with a vacuum based tip and H2O to exfoliate dead skin cells and impurities. While it deep cleans your skin, it infuses underlying skin with antioxidants and anti-aging serums. Your HydraFacial is exactly that, yours. I pick a custom blend of serums and boosters for your skins' unique conditions and needs that will make each treatment your very own.

Don't forget your booster! If you want radiant, glowing skin for a holiday event, the Dermabuilder booster is for you. It's a

peptide blend that is perfect for this time of year as it infuses the skin with unique peptides that attack and smooth out fine lines leaving behind a beautiful, balanced skin. It's a must try if you want to look your best as you prepare for upcoming holiday parties, events and gatherings.

Dermabuilder and the other booster are clinically formulated to improve the appearance of:

- Early aging fine lines and wrinkles
- Sun damaged skin
- Age spots
- Black heads & white heads
- Enlarged pores
- Excess oil
- Hydration
- Overall skin health

The HydraFacial process leaves skin radiantly clean, refined, moist and rejuvenated. Perfect for any time of the year, but especially an essential part of the holiday season. Come see me today to experience the best skin of your life.

BE THE FRESH
FACE UNDER
THE MISTLETOE



hydracial



CLEANSE + PEEL

Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing.

EXTRACT + HYDRATE

Remove debris from pores with painless suction. Nourish with intense moisturizers that quench skin.

FUSE + PROTECT

Saturate the skin's surface with antioxidants and peptides to maximize your glow.



* Buy a package of 3 HydraFacials & we
* will give you a dermaplane with each
* treatment at no charge
*



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