

OCTOBER 2026

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Dermatology





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Why Fall Is the Perfect Time for an IPL Photofacial

As summer winds down and fall arrives, your skin may be showing the effects of months spent in the sun. From sun spots and uneven pigmentation to redness and a dull complexion, summer can leave your skin looking a little less radiant than it did in the spring.

That makes fall an ideal time to refresh your complexion with an IPL Photofacial.

IPL, or Intense Pulsed Light, is a popular non-invasive treatment designed to improve the appearance of common signs of sun damage and uneven skin tone. And while IPL treatments can be performed throughout much of the year, fall offers several advantages for patients looking to restore a brighter, more even complexion.

What Is an IPL Photofacial?

An IPL Photofacial uses carefully controlled pulses of broad-spectrum light to

target specific pigments in the skin. The light energy is absorbed by areas of excess pigment and visible blood vessels, helping reduce the appearance of discoloration while promoting a more even-looking complexion.

IPL can be used to address several common concerns, including:

- Sun and age spots
- Freckles and uneven pigmentation
- Redness and visible capillaries
- Uneven skin tone
- Photodamage
- A dull or weathered-looking complexion

Unlike some resurfacing treatments, IPL does not remove the outermost layer of skin. Instead, it uses light energy to target unwanted pigmentation and vascular concerns beneath the surface.

1. Your Skin Has Had a Long Summer

Summer is synonymous with sunshine, outdoor activities and increased UV exposure—even when you're diligent about sunscreen.

Over time, UV exposure can contribute to the development of unwanted pigmentation and visible signs of photoaging. By fall, those changes may become more noticeable.

An IPL Photofacial can be part of a post-summer skin reset, helping address some of the visible effects of sun exposure

and restore a more even-looking complexion.

2. There Is Typically Less Sun Exposure

One of the biggest reasons fall is a popular season for IPL is that patients generally have less intentional sun exposure than they do during the summer months.

After an IPL treatment, your skin can be more sensitive to sunlight, making diligent sun protection especially important. Spending less time in direct sun can make fall and winter more convenient seasons for completing a treatment series.

Of course, daily broad-spectrum SPF remains essential year-round.

3. You Can Start Treating Pigmentation Before the Holidays

Fall gives you a head start if you want your skin looking brighter and more even for holiday gatherings, events,



photographs and celebrations.

Depending on your skin, treatment plan and the concerns being addressed, IPL may be performed as a series of treatments rather than a single session. Starting in early fall gives your skin time to progress through the treatment process and allows you to plan treatments around your calendar.

4. IPL Can Help Restore a More Even Complexion

One of the most appealing benefits of IPL is its ability to address multiple signs of photodamage at once.

Rather than focusing exclusively on one isolated spot, IPL can be used across a treatment area to improve the overall appearance of uneven pigmentation, redness and sun-related discoloration.

The result is not necessarily a dramatic transformation overnight. Instead, the goal is often a complexion that looks clearer, brighter and more uniform as the skin responds to treatment.

5. It Can Be Part of a Larger Skin-Rejuvenation Plan

IPL doesn't have to be a standalone treatment.

For patients interested in comprehensive skin rejuvenation, an IPL Photofacial can potentially be incorporated into a broader skincare plan that includes



professional facials, medical-grade skincare, injectables or other energy-based treatments.

Your healthcare provider can evaluate your skin and determine which treatments are appropriate for your specific concerns, skin type and goals.

Make Fall Your Skin-Reset Season

Summer may be about glowing in the sun. Fall is about repairing, refreshing and preparing your skin for the season ahead. If sun spots, redness or uneven skin tone are making your complexion look less radiant than you'd like, an IPL Photofacial may be worth exploring this fall. With the right treatment plan and consistent at-home skincare—including daily SPF—you can make the cooler months an opportunity to give your skin the attention it deserves.

Ready to refresh your complexion? Schedule a consultation to find out whether an IPL Photofacial is right for your skin and create a personalized plan for a brighter, more even-looking complexion.



Understanding Rosacea and Its Often Overlooked Symptom

Rosacea is more than just a cosmetic issue. For those dealing with it, the condition can be uncomfortable and sometimes even painful. You've probably heard about the characteristic facial flushing, but did you know that rosacea can also result in itching? This article aims to shed light on this lesser-known symptom and offer valuable insights for managing rosacea more effectively.

What is Rosacea?

Rosacea is a chronic skin condition that primarily affects the face. It is often mistaken for acne or other skin issues due to its similar symptoms. Rosacea typically manifests as persistent redness, visible blood vessels, and sometimes small, red, pus-filled bumps. According to the National Rosacea Society, over 16 million Americans suffer from this condition, making it a common yet under-discussed issue.

The Main Symptom: Facial Flushing

Facial flushing is the hallmark symptom of rosacea. This involves sudden redness that comes and goes, often triggered by various factors such as spicy foods, alcohol, temperature changes, and emotional stress. The redness usually appears on the cheeks, nose, chin, and forehead, giving the skin a sun-burned appearance.

Secondary Symptoms of Rosacea

While facial flushing is the most recognizable symptom, rosacea can cause a range of secondary symptoms. These include:

- Dry skin
- Rough and scaly patches
- Swelling
- Burning or stinging sensations

These symptoms can often exacerbate each other, making the condition harder to manage.



Does Rosacea Itch?

The question, “Does rosacea itch?” is more common than you might think. The itching is not a primary symptom but rather a secondary consequence of the other symptoms. When the skin becomes dry, rough, or scaly, it may naturally lead to itching. This can create a vicious cycle where scratching exacerbates the symptoms, making the rosacea worse.

Why Rosacea Causes Itching

The itching in rosacea is often due to the dryness and inflammation that accompany the condition. Dry skin lacks the moisture needed to maintain its protective barrier, leaving it more susceptible to irritants. Inflammation can also cause nerve endings on the skin to become hypersensitive, leading to itching.

Common Triggers for Rosacea Flare-Ups

Understanding what triggers your rosacea can help manage its symptoms, including itching. Common triggers include:

Diet: Spicy foods, caffeine, and alcohol are known triggers.

Weather: Extreme temperatures and humidity can worsen symptoms.

Stress: Emotional stress can lead to flare-ups.

Skincare Products: Certain ingredients in skincare products can irritate sensitive skin.

How to Manage Itching

Managing rosacea-related itching involves a combination of lifestyle changes and medical treatments. Here are some strategies:

Moisturize Regularly: Use a gentle, non-comedogenic moisturizer to keep the skin hydrated.

Avoid Irritants: Stay away from skincare products that contain alcohol, fragrances, or other harsh chemicals.

Use Anti-Inflammatory Treatments: Topical treatments like metronidazole or azelaic acid can help reduce inflammation.

Stay Cool: Use cooling gels or compresses to soothe irritated skin.

Medical Treatments for Rosacea

If you have tried over-the-counter treatments and are not seeing any results, contact us to schedule a consultation with our healthcare provider for treatment options:

Topical Antibiotics: These can help reduce inflammation and bacterial growth.

Oral Medications: Antibiotics like

doxycycline can be effective for severe cases.

Vbeam Laser Treatment: The Vbeam laser is a pulsed dye laser that uses intense yellow light to treat skin conditions such as rosacea, spider veins, and age spots.

The Vbeam laser system produces an intense burst of light that selectively destroys the blood vessels of vascular lesions without damaging the surrounding skin and tissue. The laser is tuned to a frequency that your blood vessels can absorb but your skin cannot.

When your vessels are heated, they coagulate and are slowly absorbed by your body through its natural healing process.

Living with Rosacea

Living with rosacea can be challenging, but it's manageable with the right approach. Educating yourself about the condition, avoiding triggers, and following a consistent skincare routine can make a significant difference.

Rosacea is a complex condition that goes beyond facial flushing. The itching associated with it can be particularly bothersome, but understanding its causes and management strategies can make a world of difference. By seeking professional help when needed, you can effectively manage your rosacea and improve your quality of life.



Transform Your Skin with BBL Skin Rejuvenation

Have you been dreaming of flawless, radiant skin but don't know where to start? Good news! BroadBand Light (BBL™) skin rejuvenation could be the answer you've been searching for. This advanced treatment is transforming the world of dermatology, offering a non-invasive solution for various skin concerns. If you're eager to explore innovative treatments, read on to discover how BBL™ can help you achieve your skincare goals.

What is BroadBand Light (BBL™)?

BroadBand Light (BBL™) technology harnesses the power of intense pulsed light to address various skin issues. Unlike traditional laser treatments, BBL™ uses a broad spectrum of light wavelengths, making it versatile and effective for multiple skin

types and conditions. In essence, it targets irregular pigmentation, redness, and texture issues by penetrating deep into the skin and stimulating collagen production.

BBL™ is not just another beauty fad; it's backed by science. Studies have shown that it can significantly improve the appearance of sun-damaged skin, reduce age spots, and even treat conditions like rosacea. By understanding what BBL™ is, you're one step closer to achieving a radiant complexion.

How Does BBL™ Work?

BBL™ operates by emitting a range of light wavelengths that are absorbed by the pigment in your skin. This absorption process heats the upper layers of your skin, promoting cellular regeneration and collagen production. Over time, this leads to a noticeable improvement in skin tone, texture, and elasticity.

The procedure itself is quick and comfortable. Most sessions last between 30 to 60 minutes, depending on the area being treated. A cooling gel is applied to your skin to enhance comfort, and protective eyewear is used to shield your eyes from the intense light. The light pulses feel like a mild snapping sensation, but they are generally well-tolerated.

Benefits of BBL™ Skin Rejuvenation

BBL™ skin rejuvenation offers numerous

benefits that make it a popular choice among dermatology patients. One of the most significant advantages is its ability to treat multiple skin concerns simultaneously. Whether you're dealing with sun damage, acne scars, or uneven skin tone, BBL™ can address these issues in a single session.

Another benefit is the minimal downtime associated with the treatment. Unlike more invasive procedures, BBL™ allows you to resume your regular activities almost immediately. You might experience slight redness or swelling, but these side effects typically subside within a few hours. The convenience and effectiveness of BBL™ make it an attractive option for busy individuals seeking quick results.

Who is a Candidate for BBL™ Treatment?

BBL™ is suitable for a wide range of skin types and conditions, but not everyone is an ideal candidate. Generally, people with lighter skin tones respond best to





risk of complications and affect the efficacy of the treatment.

You should also refrain from using self-tanning products and exfoliants that can irritate your skin. Inform your healthcare provider about any medications or skin-care products you are currently using, as some may need to be discontinued temporarily. Proper preparation can significantly enhance the effectiveness of your BBL™ treatment.

The BBL™ Treatment Process

On the day of your BBL™ treatment, you'll begin by discussing your specific skin concerns with your healthcare provider. This consultation ensures that the treatment plan is tailored to your unique needs. Once you're ready, a cooling gel is applied to the targeted area to enhance comfort and protect your skin.

During the procedure, the BBL™ device emits light pulses that penetrate your skin. These pulses target the pigment and blood vessels responsible for various skin issues. The treatment is relatively quick, with most sessions lasting between 30 to 60 minutes. You may feel a mild snapping sensation, but it is generally well-tolerated.

Post-Treatment Care

After your BBL™ session, it's crucial to follow post-treatment care instructions to ensure optimal results. Immediately after the procedure, you might

the treatment. However, advancements in technology have made it possible for individuals with darker skin tones to benefit from BBL™, provided the treatment settings are adjusted accordingly.

If you have active skin infections, severe rosacea, or certain medical conditions, you may need to consult your dermatologist to determine if BBL™ is right for you. Pregnant women and individuals taking photosensitizing medications should also avoid this treatment. A thorough consultation with a qualified healthcare provider will help you understand your suitability for BBL™.

Pre-Treatment Considerations

Before undergoing BBL™ treatment, it's essential to prepare your skin to achieve the best results. One of the first steps is to avoid sun exposure for at least two weeks before your appointment. Sunburned or tanned skin can increase the

experience mild redness and swelling, similar to a sunburn. These side effects usually subside within a few hours to a couple of days.

Your healthcare provider will likely recommend avoiding sun exposure and applying a broad-spectrum sunscreen daily. It's also essential to keep your skin hydrated and avoid harsh skincare products for a few days. Following these simple guidelines will help you achieve and maintain the best possible results from your BBL™ treatment.

Expected Results and Timeline

One of the most exciting aspects of BBL™ skin rejuvenation is the rapid improvement in your skin's appearance. Many patients notice a difference after just one session, although a series of treatments is usually recommended for the best results. The number of sessions required will depend on your specific skin concerns and desired outcomes.

Over the weeks following your treatment, you'll notice a gradual improvement in skin tone, texture, and elasticity. Pigmentation issues like age spots and sun damage will fade, and your skin will appear more youthful and radiant.

BBL™ vs. Other Treatments

BBL™ is just one of many skin rejuvenation options available today, so how does it compare to other treatments? Unlike traditional laser therapies, BBL™ uses a

broad spectrum of light wavelengths, making it more versatile and effective for various skin types and conditions. It also offers minimal downtime, allowing you to resume your daily activities almost immediately.

Compared to chemical peels and microdermabrasion, BBL™ provides longer-lasting results and addresses a broader range of skin concerns. While these other treatments can be effective, they often require more frequent sessions and have a longer recovery period. BBL™'s combination of efficacy and convenience makes it a top choice for many dermatology patients.

Experience the Benefits of BBL™

BBL™ skin rejuvenation offers a powerful, non-invasive solution for various skin concerns, making it an attractive option for dermatology patients. Its versatility, minimal downtime, and impressive results have made it a popular choice among those seeking to improve their skin's appearance.

If you're ready to experience the benefits of BBL™ for yourself, schedule a consultation with one of our qualified healthcare providers. They can help you determine if BBL™ is the right treatment for your unique needs and create a personalized plan to achieve your skincare goals. This month, **save up to \$1,000 when you purchase a treatment package** at Greenbrae Dermatology. Your path to radiant, youthful skin starts here.