

# enLux Hybrid Instructions for Use

## Precautions

- The enLux Hybrid LEDs contain a small amount of non-peak UVA (blacklight). Use only as directed.
- Do not use light therapy while you are taking any medication that causes photosensitivity. You can check your medication at this web address:  
[http://www.medicinenet.com/sunburn\\_and\\_sun-sensitizing\\_drugs/page8.htm#drugs](http://www.medicinenet.com/sunburn_and_sun-sensitizing_drugs/page8.htm#drugs)
- Do not look directly into the LED.
- Protective eyewear has been provided and is required to be worn during light therapy. If the amber glasses cover too much of your face, you can use the tanning goggles, your everyday sunglasses, or just keep your eyes closed during treatments instead.

## First Things First

- Wash the face or affected area with a non-medicated cleanser of your choice. Wait 15 minutes or so after washing your face before starting your light therapy.
- Position the light approximately 24 inches from the skin. Do not sit closer than 18 inches from the light.

## Getting Started

- Begin by using Hybrid light for 1 minute daily on each affected area. It is best to shine the light **directly** on each area. For example, if you have acne on both sides of your face (or back), then shine the light directly on the left side for 1 minute, then directly on the right side for 1 minute. If your forehead and chin are also affected, shine the light straight on for one minute as well.
- Gradually increase your treatment time to 5 minutes daily per area.
- Continue with 5 minute daily treatments per area. You should begin to notice gradual, consistent improvement within 2 weeks or sooner.

**If at any time your condition worsens instead of improves, the solution is LESS light, not more.** For example, if your skin is responding well to 1-minute treatments, but at 5-minute treatments improvement slows or stops, go back to 1-minute treatments and stay at that time. **If your acne has not improved within 3 weeks of consistent treatment, please contact us so that we can help you further.**

## Staying Clear

After the acne is cleared, begin to decrease your treatments gradually in the same manner as you started. For example, if you got clear using the Hybrid light for 3 minutes every day, decrease your treatments to 3 minutes every other day. If this keeps your breakouts under control, try decreasing treatments again to 3 minutes every three days. Continue in that manner until you find the right number of monthly sessions necessary to stay ahead of your breakouts.