



 **Trophy**  
Skin

# BlueMD

USER GUIDE

Thanks for purchasing the BlueMD Acne Light Therapy device from Trophy Skin. We are dedicated to making sure you have the best possible experience with your new device, as well as with us as a company. The BlueMD is a breakthrough device that combines the efficacy and intensity of the dermatologist's office with the comfort and convenience of a home use device.

The BlueMD has over a 90% satisfaction rating from our customers because it really does work for most acne types. We pride ourselves on being a highly responsive, customer-focused company. We stand behind our 30 Day Satisfaction Guarantee and will do everything in our power to make sure you get the results you are looking for.

We hope that you will join our other customers in writing reviews about the BlueMD on our website and on Amazon. These reviews are the lifeblood of our business, showing other potential customers how effective the BlueMD can be, the true nature of our customer service, and how committed we are to making your treatments successful. Please reach out to us directly by email if you have any questions or concerns, your feedback is what helps make the BlueMD the best possible device it can be.

Sincerely,



Imran Karim  
President  
Trophy Skin Inc.



## BlueMD DEVICE OVERVIEW



## POWERING THE BlueMD



The BlueMD comes with the custom made 420nm FML 27W bulb already pre-installed. No other bulb can be used with the BlueMD, only bulbs purchased through Trophy Skin Inc. are to be used in the device. Check the bulb for any sign of cracking or other damage that may have been caused during shipping. Make sure the Power Switch at the base of the device is set to OFF, then plug into a standard 100-120 Volt wall power outlet. The plug is polarized for your safety.

The custom made 420nm FML 27W bulb included with the BlueMD device is rated to last 3-5 years with normal usage. The bulb is also covered under our standard 1 Year Warranty.



## SAFETY PRECAUTIONS

Goggles must be worn **AT ALL TIMES** when using the BlueMD. Goggles are provided with your order, and they contain tinted peepholes to allow safe viewing while using the device.

Plug the device into a standard wall power outlet only, using the polarized plug in the correct orientation. Users with voltages above 120 Volts must contact Trophy Skin for the appropriate voltage transformer. Never place the bulb closer than 6 inches from the skin. The bulb gets **VERY HOT** when switched on, and can burn the skin if touched. Be very cautious when the device is turned off, as the bulb may stay hot for several minutes.

Place the base of the device on a hard, flat surface only during usage. Uneven or soft surfaces can cause the device to tip over during usage. Never use the BlueMD with a wall power outlet that is located near or above water or other liquids.

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## SKIN SENSITIVITY TESTING

Each user's skin will react differently to the intense blue light produced by the BlueMD. The majority of users will have no reaction, but a skin sensitivity test is necessary before proceeding.

- 1 Place the head of the BlueMD 6 inches from the inner or outer forearm (of either arm).
- 2 Put on the included goggles.
- 3 Turn on the BlueMD and allow the blue light to activate, keeping the bulb 6 inches away from the skin for 5 minutes.
- 4 Turn off the BlueMD and wait up to 4 hours. If you notice any excessive redness, irritation, or other adverse reactions, contact Trophy Skin immediately. If any reaction is painful or continues to progress, contact your healthcare professional as well.

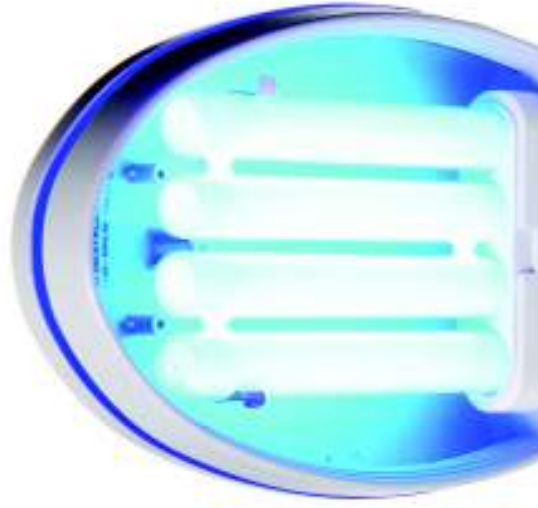
This short test is a brief but important step that must be completed before using the BlueMD to treat your acne.



## INDICATIONS & CONTRAINDICATIONS

The BlueMD is intended to treat mild to moderate acne caused by the p. acnes bacterium, the most common cause of acne in teenagers and adults. Acne caused by internal medical issues, hormonal acne, and acne caused by medication are not suitable to be treated by the BlueMD.

Those with severe or cystic acne should consult their dermatologist before pursuing blue light therapy. Those using prescription acne medication must first get written consent from their dermatologist or healthcare professional before using the BlueMD. Using the BlueMD while pregnant is strictly prohibited.



## INSTRUCTIONS FOR USE

When used correctly, the BlueMD is a safe and effective method of reducing or eliminating mild to moderate acne. The BlueMD has been designed to integrate comfortably into your lifestyle, and can be used "hands free" while laying down, sitting up, or any other comfortable positioning. Follow these steps to get the best possible use out of the BlueMD:

Wash and dry your face with a foaming cleanser immediately prior to using the BlueMD. Make sure that all topical acne medication has been removed. In areas of the skin that do not have acne, a light moisturizer can be applied if dry skin is a concern. Position the head of the device no more than 6 inches from the area to be treated, and make sure the bulb is directly above that area. Put on the included goggles, ensuring they fit snugly around the eye sockets. Turn the device on and use for 20-30 minutes while remaining still.

Repeat this process a minimum of 3 times per week for mild acne, and up to twice a day for moderate to severe acne. An Acne Assessment Test can be found on the Trophy Skin website to help you determine the appropriate treatment regimen.



## WHAT TO EXPECT

During your treatment, you will notice the heat from the bulb and feel the energy of the blue light on your skin. Some users experience a “pulsing” feeling, while others feel nothing at all. There is no “correct” feeling during treatments, each users’ skin will reach uniquely.

After treatments, your skin may feel more dry than usual, which is completely normal. The blue light is killing the acne causing bacteria, which also results in less oil and sebum production in your pores. Light moisturizer can be applied immediately after your treatment session. Any topical acne medications can be applied 30 minutes after a treatment session.

The BlueMD will work at different rates for each user, with the average user seeing results manifest between 3 and 4 weeks of consistent usage. The key to getting effective and lasting results from the BlueMD is consistently using the device a minimum of 3 times per week for 20 to 30 minutes per session. Acne is a progressive condition that can only be reduced with diligent usage of blue light therapy.



BEFORE

AFTER

## ? TROUBLESHOOTING TIPS

Trophy Skin records and analyzes each customer report of faulty or defective units so that we can further improve the BlueMD device. In many cases there is a simple solution to the problem, and in some cases the unit must be returned and a replacement sent out. Here are some common issues we have encountered in the past.

PROBLEM	POSSIBLE CAUSE	ACTION REQUIRED
Device will not turn on	Bulb is not fitted in properly	Holding the plastic base of the bulb, push the bulb towards the back lamp head firmly
Device will not turn on	Faulty bulb	Contact Trophy Skin for a new bulb
Device will not turn on	Damage during shipping	Contact Trophy Skin for a replacement
Bulb appears cracked	Damage during shipping	Contact Trophy Skin for a replacement
Joint at base or neck is loose	Became loose due to movement	Tighten the joint using both hands, the right hand turning clockwise.
Head swivel joint is loose	Became loose due to movement	Contact Trophy Skin for a replacement



## SATISFACTION GUARANTEE

Trophy Skin is committed to 100% Customer Satisfaction, and unlike most companies, we put our money where our mouth is. If for any reason you are unsatisfied with the results of your BlueMD device, you may initiate the return process by sending an email to [trophyskin@gmail.com](mailto:trophyskin@gmail.com) within 30 days of receiving your device. The following terms will apply to be eligible for our full, “no questions asked” refund policy:

- BlueMD device is in new condition
- You have followed the treatment instructions provided by the Acne Assessment Form on our website
- Device must be shipped back, at your cost, using the shipping method of your choice, as long as a tracking number is provided
- Refund will be issued within 7 days of device being received at Trophy Skin
- All included accessories, including goggles and other items, must be sent back along with BlueMD device and must be in new condition.



## WARRANTY

Your BlueMD device is warranted to be free from defect in material and workmanship for a period of one year under normal use after its original purchase date. This warranty extends only to the original retail purchaser and only when purchased through the Trophy Skin website or approved 3rd party affiliated sites.

If your BlueMD device should become defective during the warranty period, contact Trophy Skin via email at [trophyskin@gmail.com](mailto:trophyskin@gmail.com) for repair or replacement. We reserve the right to replace a defective product with the most comparable product currently available. We will work with you to ensure that you are taken care of to the best of our ability, our first priority is to make sure you have a working device that you can use.





## DISCLAIMER

Trophy Skin Is Not Engaged in the Practice of Medicine

Trophy Skin expressly disclaims any and all responsibility for any consequences, directly or indirectly, related to any use, misuse or interpretation of the web site or any other information provided or omitted in connection therewith and you agree to indemnify, defend and hold Trophy Skin harmless therefrom. Trophy Skin shall not be deemed to be engaged in the corporate practice of medicine as a consequence of selling the BlueMD acne light therapy device. In addition, I specifically agree to with the following statements:

- I understand the BlueMD acne light therapy treatment is a cosmetic treatment and that no medical claims are expressed or implied.
- I understand that to achieve maximum and continued results the protocol recommended by Trophy Skin should be followed.
- I understand there are no guarantees implied as to the results of BlueMD treatment, due to many variables, such as: age, skin type, skin condition, sun damage, smoking, alcohol, environmental exposures, etc. I understand that I may or may not actually see demonstrable visible results, that each case is individual.
- I understand that I will not be allowed to have treatments during any pregnancy.

Medical Treatment or Diagnosis Disclaimer:

Nothing contained in [www.trophyskin.com](http://www.trophyskin.com) is intended to be instructional for medical diagnosis or treatment. The information presented by [www.trophyskin.com](http://www.trophyskin.com) and/or Trophy Skin should **NOT** be considered complete, nor should it or take the place of a consultation with a physician or competent healthcare professional for medical diagnosis and/or treatment, but is provided as information only. The BlueMD listed and sold on this site should **ONLY** be used after consultation with a dermatologist, general physician or other qualified health care provider.

Information obtained on this site related to acne treatment is NOT meant to be exhaustive and obviously can not cover all situations and conditions. Again, we urge you to seek consultation or advice of your physician or other qualified health care provider promptly with any health care related questions. You should never disregard medical advice or delay in seeking it because of something you have read on this web site or others.

The information contained in [www.trophyskin.com](http://www.trophyskin.com) is compiled from a variety of information providers. The web site [www.trophyskin.com](http://www.trophyskin.com) does not directly or indirectly practice medicine or dispense medical services.

Better Business Bureau (BBB) Binding Arbitration and Dispute Resolution. Any complications or disputes that arise out of the purchase or use of the BlueMD device will be resolved through BBB Binding Arbitration program. As a member of the BBB, Trophy Skin elects that all disputes with customers will be resolved under this program.

