



BBL™ Broadband Light Pre and Post Instructions

PRE-CARE

- No sun exposure to treated area **4 weeks prior to treatment**. Use sunscreen and physical sun protection. Stop all self-tanning products.
- Discontinue Retinols and any cleansers, creams or serums containing acids such as salicylic, glycolic, AHA, or lactic acid products **5 days prior to treatment**. Avoid treatments that may irritate the skin **1 week prior to treatment**, such as waxing.
- Inform your provider if you have taken Accutane in the last 6 months.
- Inform your provider of any medical conditions or medications you are taking that might sensitize you to light, affect wound healing or coagulation.
- No Botox and Filler **2 weeks prior to treatment**.
- If you feel you are coming down with a cold or illness or have active cold sore, skin inflammation or infection, your treatment should be rescheduled.
- If you have a history of cold sores, please advise your provider prior to treatment as an antiviral can be taken prophylactically.
- If possible, arrive at the office with a clean face- void of all makeup, SPF and skin care products.

POST-CARE

- You may experience some redness in the treatment area that should resolve within a few hours. If the treated area is especially warm (sunburn sensation) within the first 12 hours after the treatment, a cold compress can be used to provide comfort.
- Mild to moderate swelling may be present the next day, which typically resolves in 24-48 hours. Cold compresses can provide comfort, same as Aloe Vera applied to the treatment area. In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used. Sleeping propped up with several pillows at night may also be helpful.
- You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage (typically after 3 -5 treatments).
- There is virtually no downtime after this non-invasive procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately.
- While the skin is healing, avoid anything that will irritate the skin, such as exfoliants, shaving, too hot or too cold water and swimming pools/spas with multiple chemicals/chlorine. Avoid strenuous exercise and sweating until after skin has healed.
- Wear a wide-brimmed hat or sun protective clothing post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.
- In the unusual case of broken skin or blistering, contact the office immediately. Keep the affected area moist and avoid direct sunlight.

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