



BBL™ (BroadBand Light) Pre and Post Care Instructions

Scheduling Considerations: This treatment requires up to 4 or more days of healing, which may include swelling, redness, bruising, and peeling. You'll need to avoid strenuous exercise, sweating, swimming, hot tubs, and sauna use. *Please avoid scheduling your treatment close to vacations, travel, special events, outdoor activities, family photos, or other important plans during this healing time.*

Pre Treatment Instructions:

- **IMPORTANT: Avoid sun exposure or tanning a minimum of two weeks prior to treatment (this includes tanning beds and using self-tanners).**
- Avoid extended sun exposure, i.e., beach, travel to sunny locations, sunbathing, outdoor sports.
- Inform your provider if you have used Accutane/Isotretinoin in the past 6 months or have recently used topical medications or antibiotics, or coagulants.
- Inform your provider of any medical conditions or medications you are taking that might sensitize you to light, or affect wound healing or coagulation.
- Avoid having dermal fillers injected 1 month prior to procedure. Wait a minimum of 2 weeks after the procedure to have dermal fillers injected.
- Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters) to receive advice on antiviral therapy prior to treatment.
- Do not have BBL treatment if you are pregnant.

21 days before treatment:

- If you are prone to hyperpigmentation, your provider will prescribe a topical skin bleaching cream to use a minimum of three weeks prior to your treatment.

3 days before treatment:

- Stop all topicals, with the exception of a plain moisturizer, gentle cleanser and sunscreen. You must avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, "Groots", Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other "anti-aging" or acne products. Also avoid waxing, tweezing, or the use of hair removal cream on the area to be treated, and excessive sun or heat exposure.

Day of treatment:

- Try to arrive to the office with a "clean face". Please **do not wear makeup**, if possible.
- Bring a hat and sunglasses to the procedure as you may be sensitive to the sun and heat when you leave the office.

During Treatment:

- There is no need for a topical anesthetic, however, your provider may choose to use it.
- Your eyes will be protected with safety shields or glasses.
- You will feel a warm or rubber band snap sensation as the light is absorbed.

Please see reverse side of page.

Immediately Following Treatment:

- **IMPORTANT: DO NOT** expose your skin to direct sun exposure for 14 days as the treated area is more prone to sunburn and pigmentation change.
- **Strictly avoid any sun exposure or tanning a minimum of two weeks after treatment (this includes tanning beds and using self-tanners).**
- You may experience some redness and heat in the skin in the treatment area that should resolve within 24 – 48 hours.
- This is a non-invasive procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately.
- You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- Follow your provider’s aftercare plan until skin is completely healed – typically one week after the treatment.
- The skin on your body will take longer to heal, compared to your face.
- If the treated area is especially warm within the first 12 hours after the treatment, a cold compress or ice pack can be used to provide comfort.
- If the skin appears red or swollen (sunburn sensation), an icepack can provide comfort.
- In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.
- 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 and spas with multiple chemicals/chlorine.
- Use soft wash cloths and towels to avoid any scrubbing.
- Cleanse skin with a mild cleanser (i.e., Avene® Tolerance Extremely Gentle Cleanser or CeraVe® Hydrating Cream-to-Foam Facial Cleanser) two times a day with plain, lukewarm water. Use your hands and fingertips to cleanse using gentle patting motions. **DO NOT** rub, scrub, or use an exfoliant soap or skin care brush/device in the treated area.
- Moisturizer (i.e., Avene® Hydrance Light Hydrating Emulsion or Avene® Hydrance Aqua Gel) should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry.
- Use a gentle moisturizer as needed.
- Sunscreen is a **MUST** and should be used daily beginning the day of treatment and used consistently. Use sunscreen with Broadband UVA and UVB protection and a SPF of at least 30. Ensure to reapply during sun exposure.
- Wear a wide-brimmed hat or sun protecting clothing post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.
- Avoid strenuous exercise and sweating until after skin has healed.

Contact the Office Immediately if Any of the Following Signs of Infection Occur:

- Note: *Heat in skin, up to 24 hours post treatment, is normal.*
- Broken skin or blistering
- Drainage – looks like pus
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers