

Pre and Post-Treatment BBL Instructions

BBL, Broad Band Light helps treat skin conditions that result from aging, sun damage, freckles, and redness caused by broken blood vessels or rosacea. The light energy delivered by BBL heats the upper layer of skin which then stimulates cells to form new collagen, giving a more youthful look. If brown spots are the focus, the BBL penetrates the skin and reduces excess melanin in the pigmented lesions. The thermal light energy rids the skin of fine blood vessels by absorbing the light and therefore damaging the vessels. Phototherapy reduces the signs of aging and skin defects with minimal to no recovery time.

Pre-Treatment Instructions:

- Avoid tanning, excessive sun exposure, and self-tanners 4 weeks prior to laser treatment. Tanned skin increases the risk of permanent skin discoloration or darkening.
- If you are taking Retin-A, Renova, Retinols, Tretinoin, stop usage two weeks prior to treatment.
- Inform us of any personal history or tendency to develop cold sores or blisters. If this is the case, you may be prescribed an anti-viral, such as Valtrex, 1 week prior to your laser treatment.
- You may be prescribed a topical anesthetic to apply 1 hour prior to your treatment. You may apply this cream at home or you may arrive 1 hour early to apply it in the office.

Post-Treatment Instructions:

- Burning, redness, and warmth are all normal sensations following BBL laser treatment. The discomfort generally lasts 1-2 hours after the procedure.
- Cool compresses applied for 20 minutes at a time will help alleviate any discomfort.
- Ibuprofen or Tylenol can be taken to ease any post procedural pain.
- Brown patches/spots will temporarily appear darker and more noticeable over the next 2-3 days. The dark areas will feel scaly and flake off over the next 1-2

weeks. **DO NOT** pick at these areas, as it may cause scarring.

- Moisturize 3-4 times a day with a bland cream. We suggest products such as Cerave, Neutrogena, or Aveeno.
- Avoid Retin-A, Retinols, Salicylic Acid, and glycolic acids for 2 weeks post procedure.
- Make-up products may be used 24 hours after your laser treatment.
- Occasionally, facial swelling may occur especially around the eyes. The swelling should resolve in roughly 1-2 days.
- Avoid sun exposure for 2 weeks post procedure, and prolonged sun exposure for 4 weeks. After the first 24 hours sunscreen should be applied with SPF of 50+.

Post-Treatment IPL/BBL Instructions

Post-Treatment Instructions:

- * No direct sunlight
- * Use Skinceuticals BioCellulose Restorative Masque to help with any burning and swelling. May also use cool, damp wash cloths to help with burning and swelling for 20 minutes at a time to help alleviate any discomfort.
- * You may wash your face with gentle soap and water tonight. Rinse with cool water. No picking, rubbing or scrubbing. Allow flakes of skin to come off on their own.
- * Burning, redness, and warmth are all normal sensations following BBL laser treatment.
- *The discomfort generally lasts 1-2 hours after the procedure
- * Ibuprofen or Tylenol can be taken to ease any post procedural pain.
- * Brown patches/spots will temporarily appear darker and more noticeable over the next 2-3 days. The dark areas will feel scaly and flake off over the next 1-2 weeks. DO NOT pick at these areas, as it may cause scarring.
- * Avoid Retin-A, Retinols, Salicylic Acid, and glycolic acids for 2 weeks post procedure.

Day 1

Hydra Balm **AM&PM**

BioCellulose Restorative Masques (as needed for cooling comfort)

Physical UV Defense SPF 30 **AM**

Day 2

Epidermal Repair Cream **AM&PM**

Physical UV Defense SPF **30 AM**

Keep following this skin care regime or use your own skin care products. We will be happy to discuss any of your skin care/product needs.
Do not let your face dry out. Moisturize as needed.

Please do not hesitate to call the office for any problems, questions or concerns at (216)778-4450.