

BROADBAND LIGHT (BBL) LASER TREATMENT

BBL is the next generation of Intense Pulsed Light (IPL) therapy. BBL uses short blasts of high-intensity light to target age spots, sun damage, and other skin conditions to improve the skin's tone and texture. The result is clearer, smoother and more vibrant looking skin.

WHAT TO EXPECT

- Your skin may feel warm for up to 12 hours after your treatment.
- You may experience some redness in the treatment area; this should resolve within a few hours but can take 1-2 days
- You may notice darkening of your freckles or other pigmented spots ("pigment granules"). These spots become more pronounced in 2-3 days and may feel scaly like coffee grounds on the skin.
- Pigment granules will gradually flake off over about a 7-10 day period for facial areas and 14-21 days for body areas treated from the neck down. Do not pick or scrub these spots!
- Rarely, there may be open areas of skin or blistering which should be treated with antibiotic ointment.
- Less common side effects include, but are not limited to: *transient or long term hyperpigmentation (darkening of skin) or hypopigmentation (loss of skin pigmentation), mild to moderate burns or blisters, redness of treated area, edema (swelling), swelling and itching in the treated area, hives, infections, textural changes, rashes, bruising, unwanted hair reduction, acne flare-ups, lightening or removal of moles or beauty marks, allergic or hypersensitivity reaction, and lack of desired results.*

BEFORE YOUR TREATMENT

- **4 WEEKS OUT:** If you are treating brown spots or melasma, begin using a topical prescription hydroquinone cream*. This is highly recommended.
- **3 WEEKS OUT:** Avoid excessive sun exposure and wear SPF30-50 sunscreen containing zinc oxide or titanium dioxide DAILY. Tan skin can NOT be treated as complications such as severe blistering and permanent skin discoloration can occur.
- **1 WEEK OUT:** Stop using Retin-A and all other retinoid and/or anti-aging products.
- **DAY BEFORE:** You may take an oral antihistamine such as Allegra, Claritin, or Zyrtec to reduce the risk of swelling. If you have a history of cold sores, start your antiviral medication 1 day prior to treatment and continue for 5 days.

AFTER YOUR TREATMENT

- Cool compresses applied for 10 minutes every 1-2 hours or Avene Thermal Spring Water Spray* may be used to provide cooling relief. Do not directly apply ice to your skin.
- Wear SPF30-50 sunscreens DAILY and avoid direct sun exposure for 14 days.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser like Cerave or Cetaphil. Use your hands and fingertips to cleanse using gentle patting motions. Avoid exfoliating cleansers or skin care brushes (e.g. Clarisonic) on the treated areas.

(continued on opposite side, turn over)

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AFTER YOUR TREATMENT (continued)

- Approved moisturizers like CeraVe, Cetaphil, or Avene Cicalfate* that do not contain color or fragrance should be applied generously with clean hands over the treated area and reapplied whenever your skin feels dry.
- Sleep with your head elevated to reduce swelling. You may continue to take your antihistamines for the next 2 days (longer, if needed). If swelling is more significant, you may take oral Benadryl at night as well.
- You may wear makeup after your treatment if there is no blistering. We recommend Oxygentix Oxygenating Foundation*, which is both antibacterial and soothing.
- If you have a history of cold sores, continue your antiviral medication for 5 days total.

WHAT TO AVOID

- Be gentle to your skin and do not rub, scrub or pick at the treated areas.
- Avoid activities that cause excessive perspiration or flushing such as heavy exercise, saunas, spicy foods, alcohol etc. for the next 2 days.
- Do not expose your skin to direct sun for 14 days.
- Do not use exfoliants, Retin-A, or any other anti-aging products for 4 weeks.
- Avoid swimming pools, spas, or anything with multiple chemicals or chlorine until skin is healed.
- Do not shave the treated area until the skin is healed.

**Available for purchase in our Advanced SkinCare Center*

IF YOU EXPERIENCE EXCESSIVE SWELLING, DRAINAGE THAT IS YELLOW OR GREEN, OR A FEVER OF 101.5 OR HIGHER, PLEASE CONTACT OUR OFFICE IMMEDIATELY:

(770) 497 0699