

## **BBL® Forever Young**

### **Treatment Instructions**

#### **What is BBL® (Broad Band Light)**

BBL® is an innovative light-based technology that sets new standards for treating skin conditions associated with aging and sun damage. BBL® light energy allows your clinician to design treatments personalized for your skin and precisely treat age and sunspots, small facial veins and many other skin defects. BBL® phototherapy is non-invasive, which helps you receive comfortable and effective treatments to fit your schedule.

#### **How does BBL® work?**

BBL® deposits pulses of light energy that gently heats the upper layers of skin. Within the skin, the light energy is absorbed by targets, such as fine, broken vessels that cause redness (rosacea) and brown spots or pigmented lesions that are caused by an overproduction of melanin. This scientific and biologic process destroys the targeted pigment, eliminating it from the skin and restoring skin's natural beauty, blending its natural tones, making it more vibrant and youthful in appearance and touch.

#### **What conditions can be treated with BBL®?**

- Pigmented lesions (e.g., freckles, age spots)
- Vascular lesions (e.g., small blood vessels, rosacea and other micro-capillary flushing conditions)
- Acne
- Skin laxity
- Uneven skin texture

#### **BBL® Treatment Instructions**

- **Cold Sore pre-medication:** *If you are prone to cold sores, you will be placed on an antiviral medication. Please take medication as instructed and complete entire course.*
- **Arrive with Clean Skin:** *No makeup, moisturizers, perfume, cologne, sunscreen or any other products on the skin. Bring a wide brim hat to wear the day of your procedure.*

- **Topical Pre-Medication:** *For certain skin types it may be necessary to treat the areas with Retinol and Hydroquinone for 6 weeks prior to the treatment. Your provider will discuss the need for topical pre-medication if necessary.*
- **Topical Skincare Items to Stop:** *Stop all products including Retinol, retinoids, Retin-A, topical antibiotics, exfoliants, hydroquinone and benzoyl peroxide (3) days prior to the treatment. Use only mild soap and sunscreen. If you have been on antibiotics oral/topical up to 7 days before the procedure, please inform our staff.*
- **No Sun Exposure, Tanning Beds or Self-Tanning Products:** *Three weeks prior to your procedure and for three months after your procedure tanning of any type is not advised. If you are tanned or sunburned, the procedure may be cancelled for your safety.*
- **Avoid Harsh Skin Care Products and Treatments:** *Avoid products that irritate the skin for two weeks prior to your treatment: Chemical peels, waxing and chemical depilatories are some examples.*
- **Shaving for Men:** *Make sure that your skin is shaved and hairless but do it at least three days before. Do not shave the treated area the day of or the day before the procedure to avoid irritation.*

### **BBL<sup>®</sup> Post Treatment Instructions**

- **Skincare:** *Only use recommended post-treatment products for the first 7 days after your treatment.*
- **Cold Compresses:** *A cold compress can be used to provide comfort if the treated area feels warm. This rarely is needed, but if so, use it within the first 24 hours after the treatment.*
- **Oral Pain Relievers:** *Post treatment discomfort is typically minimal but if the area is uncomfortable, oral pain relievers (e.g., Tylenol or Advil) may be used.*
- **No Picking or Exfoliating:** *Let the scabs gently fall off on their own, do not pick at the skin or use an exfoliator while your skin is healing as this can cause scarring or post inflammatory hyperpigmentation.*
- **No Chemical Peels:** *Avoid chemical peels for one month after treatment.*
- **No Hair Removal Treatments:** *Do not use any method of hair removal on the treated area for 1 days after your procedure.*
- **No Harsh Skin Care:** *Avoid harsh topical skin care products, exfoliating medications and skincare devices for 7 days post BBL<sup>®</sup> treatment. Vitamin A products such as Retin-A, retinol and Tazorac are to be avoided post treatment until your provider advises you to resume their use.*

- **Avoid Sun Exposure:** *Strictly avoid sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and hyperpigmentation. Keep the area covered and use sun block with an SPF of 30+. Keep reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been reported up to 72 hours post treatment.*

### **What to Expect:**

- **Day One:** *It is normal and expected for your skin to feel red, sunburned, tight, dry, swollen and sensitive to touch. You may also experience some stinging. Drink plenty of water, avoid makeup and use only recommended products. Stay away from exfoliants or glycolic acids that are present in other cleansers as these can make your skin very dry after the procedure.*
- **Day Two:** *May feel the same as Day 1. Skin feels tight, dry and irritated. The freckles and brown spots that were present on your skin prior to the treatment will begin to look darker. Continue to use the post-treatment skin hydrating products. You may use make-up, but only water-based powders. We recommend Oxygenetics which has been formulated specifically for post laser treatments and can be purchased at Beth Collins, MD.*
- **Day three to seven:** *The dark spots will continue to get darker. They are sometimes described as coffee grounds. Do not pick these areas or try to exfoliate or scrub them away. Continue applying post-treatment hydration products. Avoid sun exposure. Wear sunscreen and hats for sun protection.*
- **Day Eight:** *We may ask you to begin using hydroquinone and/or steroid creams. Continue using sunscreen and wear hats for sun protection. You may return to your normal skincare routine. The skin should be completely healed. Vitamin A containing products can typically be resumed but check with your provider before starting.*

### **When to Contact Us**

***If your skin is broken and/or blisters appear, contact the office immediately. Keep the area moist with antibiotic ointment and avoid direct sunlight.***