

## **BBL (Broadband Light Treatment)**

Congratulations on your BBL treatment! Following post-treatment guidelines is crucial to the health of your skin and success of your results. Redness and swelling, if any, will resolve in a few days.

- Until sensitivity has completely subsided, avoid all of the following:
  - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, rough cloths, Clarisonic brushes and aggressive scrubbing
  - Hot or cold water - wash with tepid water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine
  - Activities that cause excessive perspiration—stay cool to avoid hyperpigmentation
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling. Sleeping in an elevated position will also help with swelling.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- Freckles and sunspots may initially turn slightly darker and then flake off within 7-14 days. **This is a desired and normal reaction.**
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. They are often lighter in appearance and look somewhat smudgy or less defined.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.

- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. **Do not pick at these areas, as this may result in infection or scarring.**
- If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight
- Strictly avoid any sun exposure or tanning booth on the treated area for a minimum of 7 - 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- When receiving a series of Phototherapy treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.
- Always check with your dispensing physician before discontinuing the use of prescription medication.
- Do not have facial waxing or injections for 1-2 weeks post treatment.

### **FIRST DAY AFTER TREATMENT**

Follow the AM/PM protocol below for 5 days after your treatment. Exfoliate after day 5 and resume regular skin care regimen.

#### **AM**

- Cleanse with a gentle cleanser
- Apply hydrating product
- Sunscreen may be applied if tolerated – do not apply if skin has a sunburn effect

#### **PM**

- Cleanser with a gentle cleanser
- Apply hydrating product

If you have any questions regarding your treatment or these instructions, please call the office during business hours at 414-210-4073. For any after-hours concerns, please call 414-422-3105. If there is an emergency, call 911

