

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.

- For a minimum of five days, 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 cool compress can be used to provide comfort if the treated area is especially warm. Avoid ice cold compresses.
- 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 a cool compress during 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, if medically appropriate.
- Freckles and sunspots may initially turn slightly darker and then flake off within 7-21 days. This is dependent upon many factors including but not limited to skin type, area treated, at home products, and adherence to post care procedures. **This is a desired and normal reaction. Absence of flaking does not suggest an unsuccessful treatment.**
- There may be erythema (redness) and slight edema (swelling) around 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 ointment (such as Aquaphor) 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 ointment (such as Aquaphor or Neosporin) and contact the office. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure and tanning booths on the treated area for a minimum of 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sunblock 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 multiple Phototherapy treatments, sun exposure is to 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 peels, facial treatments or waxing for 2 weeks post treatment. Injectables are ok after 1 week.

AFTER TREATMENT HOME ROUTINE

Follow the AM/PM protocol below for a minimum of **5 days** after your treatment. After 5 days, resume regular skin care regimen.

AM

- Cleanse with a gentle cleanser
- Apply hydrating product
- Sunscreen is required daily, and is to be reapplied every two hours

PM

- Cleanse with a gentle cleanser
- Apply hydrating product

CAUTION Changes in medication can have a significant impact on your results. Many oral and/or topical medications cause photosensitivity and have the potential to negatively impact pigmentation on the treated area. It is imperative that you disclose all medications to your Aesthetics 360 provider.

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.