



## **BBL Post-treatment care**

The natural extrinsic consequences of aging on skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea.. Phototherapy involves the reduction of these signs of aging and skin defects using non-invasive pulses of BroadBand Light (BBL).

If brown spots are the target, BBL penetrates the skin to reach the melanocytes. The particles of the cells left behind will peel or slough off within 7-14 days.

If redness is the target, blood vessels in the deeper layers of the skin absorb the light and the heat created by the light damages the vessels. The vessels are shut down and the body continues to absorb the destroyed vessel remnants.

There is no recovery time and a low risk of complications with Phototherapy treatments. Multiple sessions are performed every 4 weeks until the desired result has been achieved. **Please Note: You cannot be treated if the treatment area is exposed to the sun within 4 weeks prior to your appointment. Please plan accordingly.**

The area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin.

- Until sensitivity is 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, loofa sponges, motorized cleansing devices such as a Clarisonic, 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
- 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 cold compress for the first 24 hours may help minimize swelling.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal.
- Freckles and sunspots may turn slightly darker initially 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. Often they are 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.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact our office immediately. Keep the affected area moist and avoid direct sunlight.
- If an antiviral, such as Valtrex, has been prescribed to you, take as directed.
- **Strictly avoid sun exposure AND heat to the treated area for a minimum of 7 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. Avoid heat from a fireplace, oven, tanning bed, jacuzzi, sauna or steam shower.
- **If in the middle of a series of BBL treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.**