



## **BBL™ BroadBand Light Post Treatment Instructions**

Phototherapy helps reduce the signs of skin aging, such as sun damage, age spots, freckles and redness caused by broken capillaries by using non-invasive pulses of BroadBand Light (BBL).

There is no recovery time and a low risk of complications with Phototherapy treatments.

Multiple sessions are performed every 2-4 weeks until the desired result has been achieved.

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

- For the first 7 days following treatment:
  - AM: wash with a mild cleanser and apply sunblock (make-up if desired)
  - PM: wash with a mild cleanser and apply moisturizer
  - You may resume your normal skincare routine starting day 8
- 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, loofa sponges 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 an ice pack for the first 24 hours will help with comfort and minimize swelling.
- 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 turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- There may be redness and slight 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 is intact.
- If the skin is broken or a blister appears, apply a Vaseline and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure 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+.
- If in the middle of a series of PhotoTherapy treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.

**If you have any additional questions or concerns, please call our office at (616) 888-3100.**