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## **Patient Pre & Post- Care Instructions for BBL (Broad-Band Light)**

### **What To Do Before Your Treatment?**

- Use sunscreen and physical sun protection. (Zinc-based sunscreen)
- Avoid extensive sun exposure, i.e. beach, travel to sunny locations, sunbathing, and sports outdoors.
- Inform your BBL clinician if any physician has ordered Accutane (Isotretinoin) for you in the last 6 months.
- Inform your doctor of any medical conditions or medications you are taking that might sensitize you to light, affect wound healing or affect coagulation.

### **What To Expect During Your Treatment?**

- The procedure is typically gentle and safe
- There is no need for a topical anesthetic, however, your clinician may choose to use it.
- Your eyes will be protected with safety shields or glasses.
- You may briefly feel a warm or rubber band snap sensation as the light is absorbed.

### **What To Do After Your Treatment?**

- You may experience some redness in the treatment area, that should be resolved within a few hours.
- You may notice the darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- Follow your clinician's aftercare plan (listed on the following page) until your skin is completely healed. Typically, one week after the treatment is complete. The skin on your body might take longer to heal, compared to your face.
- If the treated area is especially warm within the first 12 hours after the treatment, a cold compress or ice pack can be used to provide comfort. In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.
- While the skin is healing, avoid anything that will irritate the skin, such as exfoliants, shaving, swimming pools and spas with multiple chemicals/chlorine.
- Keep the affected area moist and avoid direct sunlight

### **Tips & Tricks**

- Pat dry with soft wash cloths or towels to avoid any scrubbing.
- Wear a wide-brimmed hat or sun protecting clothing post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.
- Avoid strenuous exercise and sweating until skin has healed.
- In the unusual case of broken skin or blistering, contact the office immediately at 941.926.2300.

## Aftercare Plan

### Cleansing:

Cleansing the skin two times a day with plain, lukewarm water and a gentle cleanser. Use your hands and fingertips to cleanse using gentle patting motions. DO NOT rub, scrub, use exfoliant soap or skin care brush, e.g. For example, do not use Clarisonic in the treated area.

#### **Examples of Cleansers:**

- \*EltaMD- Skin Recovery Amino Acid Foaming Cleanser
- \*Vanicream-Gentle Cleanser
- \*La- Roche Posay-Hydrating Gentle Cleanser
- \*ZO Skin Health-Gentle Cleanser

### Moisturizer:

Moisturizer should be applied generously with clean hands over the treated area and reapplied whenever your skin feels dry.

#### **Examples of Moisturizers:**

- \*CeraVe-Moisturizing cream
- \*Vanicream-Daily Facial Moisturizer
- \*Elta-MD- Skin Recovery Light Moisturizer

### Sunscreen:

Sunscreen is a MUST and should be used daily beginning the day of treatment and used consistently. Use sunscreen with Broadband UVA and UVB protection and a SPF of at least 30. Ensure you reapply during sun exposure. DO NOT expose your skin to direct sunlight for 14 days. The treated area is more prone to sunburn and pigmentation changes.

#### **Examples of Sunscreen:**

- \*Avene- Mineral Sunscreen
- \*CeraVe- Hydrating Mineral Sunscreen
- \*EltaMD- UV Physical
- \*EltaMD- UV Daily