

BBL Pre and Post Instructions

The natural effects of aging skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. However, some conditions may arise from intrinsic hormonal factors that cause an over- production of melanin, such as melasma, or hereditary factors that produce more vessels and cause redness. Phototherapy involves the reduction of these signs of aging and skin defects using non-invasive pulses of Broad Band 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 absorbs the destroyed vessel remnants during the healing process. There is very little recovery time and Phototherapy treatments produce very consistent results. Multiple sessions are performed every 4-6 weeks until the desired result has been achieved. This process will restore your skin to its natural beauty, making it clearer, smoother, and more vibrant.

Pre-Procedure

- **Minimize sun exposure** as much as possible before and after your treatment. Avoid tanning and sunless tanners prior to treatment for several weeks. The best results may be achieved when treating baseline, naturally toned skin.
- **Use the Alastin® Nectar** two weeks prior to BBL in the treatment area to optimize your results. The Nectar has been clinically proven to clear cellular debris in the skin to allow for new collagen growth and reduce inflammation during the healing process. We stock this product, or you may order directly from Alastin® at www.alastin.com, and have it delivered to you
- **Avoid all the following products for 3 days before treatment:** prescription retinoids such as Retin-A® (tretinoin), Tazorac®, Atralin®, Differin® (adapelene), Epiduo®, Tretin-X®, Ziana®, **and all products containing:** retinol/retinoic acid, glycolic acid, salicylic acid, alpha-hydroxy acid, ascorbic acid (vitamin C), and benzoyl peroxide.
- **If you have a history of cold sores,** Valtrex should be started one day prior to the procedure and continued for 5 days post procedure. Dosing of Valtrex is 1 gram (or 1000mg) twice a day. Please notify us if you need a prescription for Valtrex.

What to Expect During the Procedure

- Plan to wear loose-fitting, comfortable clothes that may be easily removed in order to access the skin to be treated. You may want to bring a wide-brimmed hat, parasol, or other sun-protective clothing to wear afterwards.
- We will take pre-procedure photos for documentation, so plan to remove all traces of makeup and sunscreen.
- Clinic staff will apply numb gel to the face, neck or chest, but not all three areas at once. Numb gel is not applied to any other areas of the body for treatment. Pregnant women may not use numb gel on any area.
- About 45 minutes after your arrival, treatment will begin. The numb gel will be removed, the skin disinfected, and special eyewear given to protect your vision during the treatment.
- Patients will experience a warm, popping sensation as the BBL treatment begins. The skin may feel warm and prickly and feel more sensitive in areas around the nose and eyes. Treatment may be focused in areas with more sun damage or redness.

- Once complete, clinic staff will apply the **Alastin® Nectar** to help reduce inflammation and soothe the skin, and then a mineral sunscreen will be applied to protect from sun damage while skin is extra-sensitive.

Post-Procedure

- 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 be red and swollen and have a mild sunburn sensation. This is a normal reaction.
- Alastin® Nectar can be applied for post-treatment discomfort, which is typically minimal, but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol® or Advil®, may be used.
- Keep your skin consistently hydrated with EltaMD® Moisturizer or an over-the-counter moisturizer whenever your skin feels dry. You may cleanse with a gentle cleanser such as Alastin Gentle Cleanser or a mild over-the-counter cleanser, and pat skin dry. Do not use a wash cloth or gritty, exfoliating scrubs, or facial wipes.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a normal reaction and indicative of a successful treatment.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. The treated vessels are often lighter in appearance and look somewhat smudgy or less defined immediately afterwards. You may have bruising with vascular treatments.
- Makeup may be applied immediately after the treatment if the integrity of the skin has not been compromised.
- 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 protected with a mineral sun block SPF 30+ or higher, such as ELTA MD® UV Daily or ELTA MD® Physical, and reapply every 2 hours. Avoid sun exposure between treatments and use a mineral sunblock on a daily basis.
- Subsequent treatments are usually spaced 4-6 weeks apart. Maintenance BBL treatments may be scheduled 3 months apart.
- In the unusual case of crusting of the skin in the treated area, apply petroleum gel twice a day to the affected areas. Delayed blistering, secondary to sun exposure, has been reported up to 72 hours post treatment. Do not pick at these areas as this may result in infection or scarring. If the skin is broken or a blister appears, **contact the office immediately**. Keep the area moist and avoid direct sunlight.

Until sensitivity has completely subsided, avoid ALL of the following:

- Scented lotions or soaps, exfoliating 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 as well as swimming in lakes

**If you have any questions, concerns, or experience any problems after treatment,
please call our office at 919-942-2922.**