

BBL

Phototherapy with BroadBand Light (BBL) effectively reduces signs of aging and sun damage using non-invasive pulses of light. BBL targets specific concerns:

- ✓ **Brown Spots:** BBL penetrates the skin to break down pigment, leading to the sloughing or peeling off of treated areas within 7-14 days. It's common for spots to darken temporarily before exfoliating.
- ✓ **Redness:** The light is absorbed by blood vessels in the skin, damaging and shutting them down. The body then naturally absorbs the remnants of these vessels.

BBL treatments are minimally invasive with low risk of complications. Multiple sessions are typically needed, spaced 2-6 weeks apart, until desired results are achieved.

PRE-BBL INSTRUCTIONS

TO BEST PREPARE FOR YOUR TREATMENT, PLEASE DO THE FOLLOWING:

BBL treatments are minimally invasive with low risk of complications. Multiple sessions are typically needed, spaced 2-6 weeks apart, until desired results are achieved.

- Sun Protection:** Avoid direct sun exposure for at least 4 weeks prior to treatment. Use a broad-spectrum sunscreen with SPF 30 or higher.
- Discontinue Retinoids:** Stop using retinoids, glycolic acid, or other exfoliating agents at least 1-2 weeks before treatment.
- No Tanning:** Avoid self-tanners or spray tans for at least 2 weeks before treatment.
Hydrate: Drink plenty of water in the days leading up to your treatment.
- Avoid Blood Thinners:** Refrain from taking aspirin, ibuprofen, or other blood thinners 7-10 days prior unless medically necessary.
- Shave the Area:** If treatment is on an area with hair, shave it the day before treatment, but do not wax, pluck, or use depilatory creams.
- Avoid Makeup or Lotions:** On the day of treatment, avoid applying makeup, lotions, or other products to the area being treated.
- Medications:** Inform your provider of any medications or medical conditions that might affect the treatment.

BBL TREATMENT

WHAT TO EXPECT





- **Preparation:** The treatment area will be cleansed, and a clear gel will be applied to help the light energy penetrate the skin effectively.
- **Protective Eyewear:** You will wear protective goggles to shield your eyes from the bright flashes of light emitted by the device.
- **Light Pulses:** The provider will use the BBL handpiece to deliver pulses of light to the treatment area. You may feel a sensation similar to a rubber band snapping against your skin, but discomfort is typically minimal.
- **Cooling:** Many Sciton BBL devices have a cooling mechanism to protect the skin and provide comfort during the procedure. The cooling will help minimize any stinging or heat sensation.
- **Duration:** Depending on the size of the area being treated, the session can last anywhere from 15 to 60 minutes.
- **Slight Redness or Warmth:** After the procedure, you may experience mild redness and warmth, similar to a mild sunburn. These effects usually subside within a few hours.
- **Darkening of Pigmented Spots:** Any pigmented spots treated may darken temporarily before they eventually flake off in the days following treatment.

The treatment is usually well-tolerated, and there's minimal downtime, allowing you to resume regular activities shortly after.

POST-BBL INSTRUCTIONS

POST-BBL RECOMMENDATIONS INCLUDE:

The treated area must be handled with care. Be gentle! Avoid scratching or picking at your skin. Until sensitivity has completely subsided, **avoid the following:**

-  Scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic/alpha-hydroxy acids), acne treatments, loofahs, and aggressive scrubbing.
-  Hot or cold water—use tepid water instead and avoid shaving the area.
-  Swimming pools and spas with multiple chemicals/chlorine.
-  Activities that cause excessive perspiration.

Additional post-procedure care includes:

- **Comfort:** Use a cold compress or ice pack if the treated area feels warm, especially within the first 12 hours after treatment.
- **Normal Reactions:** Redness, swelling (particularly under the eyes), and a mild sunburn sensation are normal. These symptoms may last a few hours to several days. Applying ice during the first 24 hours can help minimize swelling.
- **Soothing Care:** Applying Vitamin E or Aloe Vera to the treated area can provide relief. If discomfort persists, oral pain relievers like Extra Strength Tylenol or Advil may be used.
- **Spot Treatment:** Freckles and sunspots may darken before flaking off within 7-14 days—this is expected.
- **Vessel Appearance:** Treated vessels may appear lighter and slightly smudgy.
- **Makeup:** Makeup can be applied immediately after treatment if the skin is intact.
- **Crusting:** If crusting occurs, apply antibiotic ointment twice daily and avoid picking to prevent infection or scarring.
- **Blisters:** If blisters develop, apply Aquaphor or Vaseline and contact our office immediately. Keep the area moist and avoid direct sunlight.
- **Sun Protection:** Strictly avoid sun exposure to the treated area for at least 7 days. Use a sunblock with SPF 30+ and reapply every 2 hours. Sun exposure can lead to delayed blistering up to 72 hours post-treatment.
- **Ongoing Protection:** If undergoing a series of BBL treatments, avoid sun exposure between sessions and use daily sunblock (e.g., EltaMD UV Clear SPF 46).

QUESTIONS OR CONCERNS

Please contact your BBL provider at the office where you were treated during business hours with any questions or concerns (see below).

AFTER HOURS-EMERGENCY on call (215) 662-4552