

## BBL Instructions

Extrinsic factors involved in skin aging include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. Some skin changes may arise from intrinsic hormonal factors that create an over production of melanin (melasma) or hereditary factors that produce more vessels. Phototherapy involves the reduction of these signs of aging using non-invasive pulses of BroadBand Light (BBL).

If brown spots are the target, BBL penetrates the skin to reach the melanocytes. The fragments of the cells left behind will peel or slough 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 collapse, and the body absorbs the destroyed vessel remnants.

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

- Until sensitivity has completely subsided, avoid the following:
  - Use of scented lotions or soaps, exfoliants (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges, motorized cleansing devices (Clarisonic), and aggressive scrubbing.
  - Hot or cold water. Use warm water only.
  - Shaving.
  - Swimming pools and spas with multiple chemicals/chlorine.
  - Activities that cause excessive perspiration.
- A cold compress may be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after treatment.
- 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 will 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 treatment, so long as skin integrity has not been compromised.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact our office immediately. Keep the area moist and avoid direct sunlight.
- If an antiviral such as Valtrex has been prescribed for you, continue to take as directed.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days post-procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered, use a sun block with SPF 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post-treatment.
- If in the midst of a series of BBL treatments, sun exposure should be avoided between treatments, and a sunblock should be used on a daily basis.