BBL

(BroadBand Light Treatment)

PRE & POST CARE

The LOOK MED SPA

BEFORE TREATMENT

- **Use** sunscreen and physical sun protection
- **Avoid** extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports outdoors, for 4 weeks prior to treatment.
- **Do not** use isotretinoin (Accutane) for at least 6 months
- **Do not** use retinol for at least 1 week prior to your treatment
- Inform your provider of any medical conditions or medications you are taking that might sensitize you to light, affect would healing or affect coagulation.

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.

REMEMBER

- You may experience some redness in the treatment area that should resolve within a few hours.
- You may notice darkening of your pigmented spots during the first 48 hours after treatment, followed by followed by fading and flaking off at a later stage. Do not pick or scrub.
- Follow your clinician's aftercare plan until skin is completely healed – typically one week after the treatment. The skin on your body might take longer to heal.
- There is virtually no downtime after this non-invasive and gentle procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately.

POST TREATMENT SKIN CARE

CLEANSING

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

MOUSTURIZER

- Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry. DO NOT use exfoliant or acne creams (containing Retin-A, glycolic/salicylic and alpha-hydroxy acids)

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 to reapply during sun exposure. **DO NOT** expose your skin to direct sun exposure for 14 days. The treated area is more prone to sunburn and pigmentation change.

TIPS & TRICKS

- Use soft wash cloth and 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 after skin has healed

WATCH-OUTS

- 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.
- If the skin appears red or swollen (sunburn sensation), an icepack can provide comfort, same as Vitamin E or Aloe Vera applied to the treatment area. In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.
- Avoid anything that will irritate the skin, such as exfoliants, shaving, too hot or too cold water and swimming pools and spas with multiple chemicals/chlorine.