



TREATMENT: BBL Laser

DEVICE USED: BBL Forever Young ®

TWO TO FOUR WEEKS PRIOR TO TREATMENT

- **ABSOLUTELY** avoid sun exposure for 4 weeks prior to and throughout the course of your treatments. You should not have tanned skin from natural light, tanning beds, or even self-tanners/spray tans. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. Protect the areas from direct sun exposure by wearing protective clothing (hat, visor, etc.) and using a broad-spectrum SPF 30+.
- Discontinue medications that increase photosensitivity (e.g., Doxycycline, Bactrim, fluoroquinolones) 2-3 weeks prior to treatment.
- Avoid facial waxing, neuromodulator (i.e. Botox) and dermal filler injections 2 weeks prior to any laser treatment.

ONE WEEK PRIOR

- Some medications may increase your risk of bruising. Consult with your physician before discontinuing the use of prescription medication. You may be referred to your dispensing physician.
- Discontinue retinols and prescription retinoid products (i.e. Retin-A, Renova, Differin) for 1 week prior to treatment.
- Laser light may cause a cold sore or fever blister, which can lead to more serious complications. If indicated, one day prior to procedure, you will take an anti-viral and/or antibiotic by your provider. If you have an active cold sore you must reschedule.

DAY OF TREATMENT

Arrive to your appointment with a cleansed face, without makeup or moisturizer.

YOU WOULD NOT BE CONSIDERED A CANDIDATE IF YOU HAVE ANY OF THE FOLLOWING:

- You have a history of abnormal response to sunlight.
- You use photo sensitizing medications or drugs.
- You have used Accutane in the last 12 months.
- You are pregnant.
- You have a medical condition that may affect wound healing.
- You have a suntan, tanned skin or are using self-tanners.
- You use blood thinner medications or aspirin.
- You have an active infection and/or a weakened immune system.
- You have a history of skin cancer, especially malignant melanoma.
- You have a history of keloid scar formation or abnormal scarring.
- You are a Fitzpatrick Skin Type VI.
- You have an active cold sore.

POST TREATMENT INSTRUCTIONS

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Following post-care guidelines is crucial to the health of your skin and success of your results.

Patient response can vary after a BBL Forever Young treatment. Intense burning, redness, warmth, and a sunburned sensation are normal responses following BBL™ treatments. The discomfort and redness generally last 2-4 hours after the procedure. The treated area must be treated with care. **BE GENTLE! Do not scratch or pick at your skin.**

24-48 HOURS POST TREATMENT

- Post treatment discomfort is typically minimal but if the area is very uncomfortable, Tylenol (acetaminophen) OR Advil (ibuprofen) may be used.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is rarely needed, but if so, usually within the first 12 hours after the treatment.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.
- If redness is the target, blood vessels in the deeper layers of the skin absorb the light and the heat, causing damage to the vessels. The vessels are then shut down and the body continues to absorb the destroyed vessel remnants. There may be redness and slight swelling around treated vessels. Often, they appear lighter in appearance and are less defined.
- Brown patches or spots will look darker and more pronounced immediately following BBL™ treatments. In 2-3 days, these brown areas become even darker and frequently feel scaly like coffee grounds on your skin. Within 1-2 weeks, these dark, scaly areas fall off and leave new, healthy skin behind. **NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB THESE BROWN SPOTS – LET THEM COME OFF ON THEIR OWN AS THIS MAY RESULT IN INFECTION OR SCARRING.**

UNTIL SENSITIVITY HAS COMPLETELY SUBSIDED, AVOID THE FOLLOWING:

- Scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, and avoid loofa sponges and aggressive scrubbing.
- Hot or cold water - wash the area with tepid water.
- Shaving.
- Swimming pools and spas with multiple chemicals/chlorine.
- Activities that cause excessive perspiration.

7-14 DAYS POST

- If brown spots are the target, BBL penetrates the skin to reach the melanocytes. Melanocytes are specialized skin cells that produce and distribute melanin – the skin darkening pigment. The particles of the cells left behind will darken and peel/slough off within 7-14 days.
- 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.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 - 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

CALL OUR OFFICE IMMEDIATELY IF:

- You experience any side effects to the treatment, such as a severe rash, nausea, headache, or vomiting, or have an oral temperature over 100.4 degrees.
- Redness, swelling or bruising persist after 1-2 days.
- If you notice any blistering, skin lesions or cold sores on the treated or surrounding skin or the mucosal surface.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight.
- If you are midway through a BBL treatment series, avoid sun exposure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with an SPF of 30+.

Please remember to schedule your next treatment. Subsequent treatments are based on your clinician's recommendation and are typically 2 – 4 weeks apart and performed until the desired result has been achieved.

If you suddenly develop other symptoms, or have any questions regarding your treatment (or these instructions), please contact our office to speak to one of our RN's at 414.488-7900.