

Broad Band Light (BBL) Post Care Instructions

The natural consequences of aging on skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. Phototherapy involves the reduction of these signs of aging and skin defects using non-invasive pulses of light. If brown spots are the target, BBL targets the melanocytes in the skin. Typically the particles of 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 heat created by the light damages the vessels. The vessels are shut down and the body continues to absorb the destroyed vessel remnants. There is no recovery time and a low risk of complications with phototherapy treatments. Multiple sessions are performed until the desired result has been achieved.

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

- Until sensitivity has subsided, avoid the following:
 - Use of scented lotions or soaps, exfoliant creams, acne creams, loofa sponges, and aggressive scrubbing
 - Extremely hot or cold water
 - Shaving
 - Swimming pools and spas with chemicals/chlorine
 - Activities that cause excessive sweating
- A cold compress or ice pack can be used to provide comfort if the treated area is especially warm.
- Skin may appear red and swollen and have a mild sunburn sensation. This is normal. It can last from a few hours to days after treatment.
- Freckles and sun spots may turn slightly darker initially and then flake off within 7-14 days
- Makeup can be applied immediately after treatment.
- Vitamin E or Aloe Vera can be applied to the area to provide a soothing effect.
- If the skin blisters, apply antibiotic ointment and contact the office immediately at 512-815-0123.
- Avoid sun exposure to the treated area for a minimum of 7-14 days after the procedure. The treated area will be more prone to sunburn and pigment change. Use a broad spectrum sunscreen of at least SPF 30.