



BBL- BroadBand Light Pre and Post Care Guide

BBL, or BroadBand Light, is a type of intense pulsed light (IPL) therapy used in skin treatments. It uses high-intensity light to target various skin concerns, such as age spots, sun damage, acne, and rosacea. The light energy is absorbed by the skin to stimulate collagen production, improve skin tone, and reduce discoloration. BBL is known for its versatility and can be customized to treat different skin types and concerns, providing a non-invasive solution for skin rejuvenation.

We highly recommend purchasing Alastin's Procedure Enhancement Kit (\$306) as it will include everything you will need post procedure, including a cleanser, repair serum, moisturizer, and sunscreen. This will enhance your skin's healing ability as well as your results.

3 Days Prior to Treatment:

- Stop the use of NSAID medications such as Aspirin, Ibuprofen, and Naproxen.
- Avoid alcohol and caffeine consumption 24 hours prior.
- Discontinue the use of these topical products and treatments: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical, or enzymatic exfoliation.
- **Sun:** Skin that is sunburned is not treatable.
- Skin that has been tanned must wait 2 weeks to be treated.
- Wear an adequate amount of sunscreen and minimize sun exposure.
- Any self-tanner applied to the treated area must be completely removed. Treatment cannot be administered if there is any tanner left on the skin.

Day of Treatment:

- Arrive with cleansed, make-up free skin.
- Prepare to spend at least an hour in the office for the duration of the treatment. The amount of time may vary depending on the area(s) being treated.

What to Expect:

- After treatment you will look and feel slight sensitivity, which may vary.
- Skin will feel warm and tight and have a mild sunburn sensation.
- Skin flaking, or erythema is to be expected 1-7 days post treatment. Erythema is greatly reduced by day 2.
- Collagen and elastin will start to reproduce 3-4 weeks after treatment. You can expect to start seeing changes about a month after each treatment.
- 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 and slight edema around treated vessels. Often, they are lighter in appearance and look somewhat smudgy or less defined.
- For vascular lesions being treated, avoid heat triggers for 48 hours (i.e. heavy workouts, spicy food, alcohol, etc).



After Treatment:

- **Cleanse:** Do not cleanse the area on the same day as treatment. You may gently cleanse the area **the day after** treatment with a gentle, fragrance-free cleanser. Make sure hands are always clean before touching the area.
- **Moisturize:** Use a gentle moisturizer on the area. We recommend Alastin Skin Nectar as your post treatment solution. If excess dryness occurs, you may layer with Cetaphil moisturizer.
- **Makeup:** You may return to wearing makeup immediately after treatment.
- **Sunscreen:** Make sure to apply sunscreen after. Make sure the sunscreen is a broad spectrum, UVA and UVB sunscreen with a minimum of SPF30. We highly recommend Alastin SilkSHIELD All Mineral SPF 30 as it is safe to use post-procedure (This is included in the Alastin Procedure Enhancement Kit). Make sure to **apply and reapply** whenever you are outside, and especially when driving in the car during the day.
- **Sun Exposure:** Avoid intentional and direct sun exposure for at least 48 hours. No tanning beds.
- **Skin Care Regimen:** Do not use for at least one week post treatment: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical exfoliation, or enzymatic exfoliation.
- **Working Out:** No exercising or strenuous activity for the first 48 hours post-treatment. Sweating and gym environments are harmful, filled with bacteria, and may cause adverse reactions.

If you experience swelling:

- It is recommended to use ice packs, or medications to lessen swelling. Swelling is a normal side effect that is necessary to achieving optimal results. If swelling appears to be abnormal or continues longer than 7 days, please contact us.
- If skin is broken or a blister appears, contact the office immediately. Keep affected area moist and avoid direct sunlight.
- Stay hydrated.

How to keep and extend your results: Results can last for 12-18 months if you take proper care!

- **Sunscreen:** Sunscreen is the best anti-aging measure that can be taken to help maintain and prevent future signs of premature aging.
- **Retinol:** Remember to always wear sunscreen, especially after incorporating a retinol into your routine as it makes you more sun sensitive.

Filler and Botox:

- Please wait 4 weeks after Filler injections and 2 weeks after Botox injections before treatment.