



PRE AND POST TREATMENT INSTRUCTIONS

BROADBAND LIGHT (BBL)

PRE-TREATMENT

- ❖ When booking your BBL treatment, please keep in mind the possibility of redness, darkening of spots, bruising, swelling, flaking, and peeling after the treatment. These normal side effects can appear immediately and up to 72 hours after treatment and usually take 3-7 days to resolve for the face and 2-3 weeks for neck, chest, and body.
- ❖ Avoid direct sun and all forms of tanning (including self-tanner or spray tans) on the treatment area for 1-2 weeks before each BBL treatment.
- ❖ Discontinue Retin-A, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment. Discontinue Accutane (and any isotretinoin products) for 12 months prior.
- ❖ If your face will be treated and you have a history of facial cold sores, please notify us in advance so that we may provide you with a prescription for antiviral medication to start before your treatment. The BBL treatment cannot be performed on your face if you have an active cold sore.
- ❖ Best results are achieved when the skin is well hydrated at the time of treatment. For this reason, the following skin care products should be used for 14 days prior to treatment to prepare the skin:
 - Alastin Regenerating Skin Nectar
 - Alastin Silk Shield All Mineral SPF 30
- ❖ For patients who may have an increased risk of (PIH) Post-Inflammatory Hyperpigmentation, the following skin care products should be used for 14 days prior to treatment.
 - iS Clinical Skin Brightening Complex
 - Alastin Silk Shield All Mineral SPF 30
- ❖ It is important that you are in good health at the time of your treatment to ensure your body has a healthy healing response after the treatment. Healthy healing is important for safe (i.e. to minimize infection) and optimal results.
- ❖ It is typically advised to wait at least 4 weeks after a BBL treatment and until any redness, swelling and/or peeling have completely resolved before getting other treatments on the same area. When getting a BBL treatment *after* other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the BBL treatment.
- ❖ Some results will begin to appear immediately after treatment and it can take 3-6 months for complete healing/results to develop. A minimum of 3 treatments is typically needed to achieve optimal results with additional treatments needed to maintain results over time. Your provider will recommend a treatment and maintenance plan that is best for your individual needs.

TREATMENT DAY

- ❖ Please come to your appointment with clean skin – remove all makeup, creams and lotions.
- ❖ Please dress so that you may comfortably and modestly expose the treatment area, if applicable (i.e. neck, chest).

POST TREATMENT

- ❖ If antiviral medication was prescribed for you, please make sure to continue to take as directed.
- ❖ Please keep the treated area clean and do not apply makeup to the skin for the rest of the day following treatment. Mineral sunblock (tinted ok) may safely be used starting the day after treatment. Clean makeup (using only clean makeup tools) may be applied to the skin the next day, unless the skin is peeling or any open skin is present.
- ❖ A cold compress or an ice pack may be used to provide comfort and minimize swelling. This is typically only needed within the first 12-24 hours of the treatment.
- ❖ Avoid using exfoliants, retinols, alpha or beta hydroxy acids, topical Vitamin C products or anything that causes skin irritation for at least a week after the treatment. Do not use any mechanical devices (i.e. Clarisonic), facial scrubs, or washcloths on the treated area - only wash the area with your hands - for at least a week.
- ❖ Pigmented areas (brown spots) will get darker immediately after the treatment and may continue to darken for 2-3 days and then gradually flake off. For the face, this process usually takes 7-10 days. For areas off the face such as neck and chest and body areas, it can take 2-3 weeks. Do not pick, scratch, scrub or attempt to help remove the brown spots as they flake off. This may result in scarring and infection. Allow the skin to flake off naturally.
- ❖ Acetaminophen/Tylenol may be taken if needed to relieve any discomfort, however, NSAIDS and anti-inflammatories, including but not limited to Motrin, Advil, Ibuprofen, Aleve, Fish Oil, CoQ10, and Turmeric, should be avoided for 1-week post treatment to ensure optimal healing/results. Consult with your physician prior to discontinuing any prescribed medication. Even if you are unable to discontinue the medications/supplements listed, the treatment will still be safe and effective.
- ❖ The products below should be used following your treatment:
 - Alastin Regenerating Skin Nectar
 - Alastin Ultra Calm Cleansing Cream
 - Alastin Ultra Light Moisturizer with TriHex Technology
 - Alastin Silk Shield All Mineral SPF
- ❖ After treatment, keep the treated skin out of direct sun until it is completely healed and any redness or sensitivity have subsided.
- ❖ Avoid sweaty exercise or exposure of the treated skin to hot water, steam, pools, the ocean, hot tubs or saunas for 48 hours post treatment.
- ❖ Please schedule your follow-up appointment 90 days after your final treatment to assess results and determine whether additional treatments are needed.

If you have any questions or concerns, please do not hesitate to contact our office at
727.518.7100