

## BBL™ Treatment

The natural extrinsic consequences of aging on skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. BBL™ uses light-based technology as non-invasive pulses of Broad Band Light (BBL), clinically proven to improve years of sun damage and aging with virtually no downtime.

If brown spots are the target, BBL penetrates the skin to reach the melanocytes. The particles of the 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 the 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 little to moderate downtime and low risk of complications with Phototherapy treatments. Multiple sessions are needed to see the full effect. Most patients will require 3-4 treatments followed by routine maintenance. Most treatments are performed every 4 weeks until the desired result has been achieved.

### Pretreatment Instructions

#### Avoid sun exposure or spray tan

Avoid sun or UV exposure, sunless tan products & spray tanning for 4 weeks (one month) before treatment. Tan skin will have to be treated at lower settings which may reduce the effectiveness of your treatment. Spray tan cannot be treated.

#### Shaving

Please shave all hair in the area to be treated the day of your appointment. Excess hair may increase discomfort during your treatment.

#### Makeup

When treating facial areas please avoid wearing any makeup on the day of your treatment. If you do need to wear makeup, please plan to arrive early to wash your face in the office. We advise you refrain from applying makeup to treated areas until redness & swelling subside.

#### Skin care

Please stop all hydroquinone & retinol (i.e. Retin-A, Refissa) containing products 3 days prior to treatment. You may resume 3-5 days after each procedure depending on how sensitive your skin feels.

#### Cold sore treatment

If you have had a history of perioral herpes, prophylactic antiviral therapy may be started the day before treatment and continued one week after treatment. Contact our office if you need a prescription.

# Postoperative Treatment Care

## What to expect

Immediately after treatment skin may appear red and feel like a sunburn. Redness, swelling and mild sunburn sensation are normal reactions and may last a few hours to days after treatment. Cold compresses and/or Aloe Vera gel after treatment may help reduce the discomfort. Pigmented areas of the skin, such as freckles and sunspots, may appear darker initially (pigment granules) and then flake off over the next 7-21 days.

## Skin care

Be gentle. Avoid picking or scratching the treated skin.

Until pigment granules have completely subsided, avoid the following:

- Scented lotion or soap, exfoliant creams (Retin-A, glycolic, salicylic or alpha-hydroxy acids), acne gels/creams, waxing, electrolysis, depilatory creams, loofa sponges or aggressive scrubbing
- Excessively hot or cold water. Use tepid water when washing treated areas
- Swimming pools or spas with chlorine or chemicals

## Sun exposure

Strictly avoid sun exposure to the treated area for a minimum of 30 days after the procedure to reduce the chance of complications. Skin in the areas treated are more prone to sunburn and pigment changes. Keep the areas covered and use a sunblock (SPF 30 or greater) reapplying every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours after treatment.

## Discomfort

Post-treatment discomfort is typically very minimal. If the area is uncomfortable over-the-counter pain relievers (i.e. Tylenol, Advil, Aleve, etc.) may be used.

A cold compress or ice pack can be used to provide comfort for the first 12 hours after treatment if the treated area is feeling especially warm.

Aloe Vera gel or Vitamin E applied to the treatment area may provide a soothing effect to the skin.

## Activities

For a minimum of 48 hours avoid excessive perspiration. Avoid activities that may cause sweating or flushing of the skin such as strenuous exercise, hot temperatures, saunas and consumption of spicy foods or alcohol.

## Blistering

If you develop blistering, apply an antibiotic ointment and contact our office immediately. Keep the area covered and moist, avoiding direct sunlight. Do not apply makeup over any blisters.

## Follow-up

Call our office with any questions or concerns you may have after treatment. Subsequent BBL treatments can be scheduled in 4-6 weeks.

## Emergency Contacts

Dr. Dorner is available twenty-four hours a day. If you are having problems please call the office at 614-336-9000 and press one to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

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