

Treatment instructions – BBL (BroadBand Light)

The extrinsic natural consequences of skin aging include sun damage, such as pigment spots and vascular damage caused by the dilation of blood capillaries. Some of these consequences are due to intrinsic hormonal factors causing an overproduction of melanin, such as melasma, or hereditary factors causing more redness, couperose and/or rosacea.

Phototherapy aims to prevent and reduce the signs of skin aging, improving the quality of the skin throughout the face with non-invasive broadband light pulses (BBL). The result is younger-looking, firmer skin with an even tone.

The photothermal light from the BBL device penetrates the superficial and deep layers of the skin to work on melanocytes, dilated capillaries and stimulate new collagen fibers.

In most cases, phototherapy treatments do not involve recovery time and have a low risk of complications.

The number of sessions required varies from person to person in order to obtain the desired results. Sessions are performed every 4-6 weeks. Maintenance treatments are performed every 4-6 months depending on the needs of each individual.

PRE-TREATMENT INSTRUCTIONS

- RECENTLY TANNED SKIN, natural sunlight and/or in a tanning booth, CANNOT BE TREATED! A minimum of 4 week without sun exposure is required. In case of exposure, you might wear sun protection (SPF50 minimum / zinc oxide) and reapply every 2 hours. Your technician reserves the right to **refuse** to perform the treatment if in doubt. The risks of burning, hyper-pigmentation and/or hypo-pigmentation are too high.
- Avoid all self-tanning lotions two weeks prior to your appointment.
- Between your phototherapy treatments, you must avoid all exposure to **UVA and UVB radiation** (natural sunlight and/or tanning booth). In case of exposure, you must always wear sun protection with a minimum of 50 SPF.
- Stop using any type of topical and/or mechanical exfoliant 7 days before and 7 days after the treatment(retinoid, AHA-BHA, salicylic, glycolic,...microbeads). Your technician may also ask you to discontinue any other topical medication and/or other skin care product, if needed.
- Avoid alcohol 48 hours before treatment to reduce the risk of bleeding and/or bruising.

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

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Avoid for 7 days after the procedure:

- o Avoid all lotions and/or soaps that contain perfumes
- o Avoid all types of self-tanning lotions
- o Avoid shaving the treated area, if applicable
- o Use tap water to clean the treated area and avoid hot showers, aromatic baths, swimming pools, spas and saunas for 48 hours after the treatment.
- o Avoid activities and/or exercises that may cause excessive sweating for 48 hours after treatment

POST CARE INSTRUCTIONS

- The entire treated area will show erythema (redness) following the procedure. Slight edema (swelling) may occur within a few hours after the procedure. This reaction can also be seen around the treated vessels. They will appear lighter, more blurred and less defined.
- A cold compress can be applied within 12 hours after the procedure if the treated area is particularly hot (burning sensation, sunburn). You can also apply a soothing gel (e.g. Pro-Derm hydrogel).
- Where the pigment has been treated, you may experience some scabbing. This is a normal reaction. Avoid touching and/or scratching to prevent the risk of infection and/or an unwanted scarring. Do not force the exfoliation of small scabs. Exfoliation will take place by itself within 14 days following the procedure.
- Discomfort following the procedure is usually mild, however, oral pain medication may be taken (e. g. Tylenol extra-strength).
- Make-up may be applied 24 hours after treatment, as long as the integrity of the skin has not been affected.
- You **must avoid** all exposure to **UVA and UVB radiation** (natural sunlight and/or tanning booth) for **14 days after the procedure**. The treated area remains susceptible to sunburn and pigment changes. Please wear a minimum of SPF 50 sun protection everyday and reapply every 2 hours if you are exposed (outdoor activities). Delayed blistering following sun exposure has been observed up to 72 hours after treatment.
- If you are in the middle of a series of phototherapy treatments, you should avoid natural sunlight exposure and/or tanning booths and always wear sun protection (SPF 50 minimum) all the time.
- If your skin shows any abnormal injury or blisters, apply an antibiotic ointment and contact the office immediately.



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SKINCARE ROUTINE POST PROCEDURE

Step	Procedure	Example of products
1	morning/evening - Cleanse with gentle cleanser	<i>will be recommended to you in person after a personalized skin assessment by your laser technician</i>
2	morning/evening - Apply a redness reducer serum	
3	morning/evening - Apply a moisturizer/repair cream	
4	morning - Apply sunscreen	