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## **Post Treatment Instructions for Broadband Light (BBL™)**

**For one week after treatment, you will be asked to follow the care instructions listed below, to minimize the risk of complications from this procedure.**

- Wash gently with a mild cleanser such as Cetaphil.
- Apply ointment, such as Aquaphor, for excessive crusting.
- Acetaminophen is suggested to control discomfort as needed.
- No shaving the treated area for 48 hours or until no longer feels irritated
- Avoid all sun exposure and tanning beds if the treated area appears irritated
- Ice packs can be used for redness and sunburn sensation.
- Tanned skin is more likely to blister with this procedure. Apply a broad spectrum UVA/UVB sunscreen, with a SPF of 30 or greater, daily for at least 6 months, (and really... forever until you die.)
- Do not engage in vigorous physical activity, hot tubs, or spas for 24-48 hours post procedure.

**Clarity Medical Spa**

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