

# LAKEWOOD RANCH

*plastic surgery*



## After BBL treatment instructions...

Typically there is minimal downtime and a low risk of complications with broadband light (BBL) treatments. Treatments using BBL include BBL forever young photorejuvenation (with or without corrections), skintyte, acne treatment, and hair reduction.

Patient response can vary after BBL treatment. Erythema (redness), edema (swelling), and a sunburn sensation may occur within a few minutes after the completion of the procedure and can last a few days. A cold compress and/or extra strength Tylenol can be used to reduce redness and swelling, and provide comfort to the treatment area. *The treatment area must be treated with care. Be gentle. Do not pick or scratch the treatment area.*

Immediately after treatment, mineral sunblock will be applied to the skin before you leave the office. Beginning the morning after treatment, cleanse the skin two times a day with lukewarm water and a gentle cleanser. Do not rub, scrub, or use an exfoliant on the treated area. Doing so could result in scarring and pigmentation complications. After washing, pat dry with a soft cloth and apply a gentle moisturizer followed by mineral sunblock. Recommended skin care products are available for purchase at the office. It is important to discuss a skin care regimen with your practitioner for optimal results. Makeup may be applied immediately after the treatment if skin integrity has not been compromised.

Until sensitivity has completely subsided avoid:

- Topical products containing active ingredients such as Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids), and Benzoyl Peroxide
- Shaving, waxing, dermaplaning, exfoliating, and depilatory creams
- Swimming pools and spas with multiple chemicals and severe temperature changes
- Activities that cause excessive perspiration

Strictly avoid any sun exposure to the treated area for a minimum of 2 weeks after the procedure. If the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation, or hypopigmentation can/will occur. If direct sun exposure is necessary, wear mineral sunblock, a wide-brimmed hat, and protective clothing that covers the treated area. Apply sunblock 15 to 20 minutes before sun exposure and reapply every 2 hours. It is generally safer to protect your skin with a mineral sunblock formula rather than a chemical sunscreen during the skin healing process to prevent excessive heat to the treated area. Delayed blistering secondary to sun exposure has been noted up to 72 hours after treatment. If you are in the middle of a series of phototherapy treatments, sun exposure should be avoided between treatments and a mineral sunblock should be used daily.

If you have any of the following signs of infection, you should contact the office immediately. Signs of infection include purulent (pus) drainage, extreme warmth on or around the treated area, extreme swelling, extreme redness, extreme itching, and fever.

*BBL forever young treatment:*

Freckles and sunspots may turn slightly darker initially and then flake off within 7 to 14 days. This is a desired and normal reaction. There may be erythema (redness) and edema (swelling) around the treated vessels. Often, they are lighter in appearance and look somewhat smudgy or less defined. This is a desired and normal reaction. Subsequent treatments are based upon your practitioner's recommendation and typically involve 3-5 treatments spaced 4-6 weeks apart. The number of treatments needed will depend upon your individual condition and your body's response to the light. Once desired effects are reached, additional treatments may be necessary to maintain the results. Maintenance treatment is recommended 2-4 treatments per year for the best results.

*BBL skintyte:*

The full effects of the SkinTyte II treatment appear gradually. It can take 3 to 6 months for full results, although some patients do see them sooner. Full results have been known to last for up to 6 months, but recent studies have shown that some thermal collagen modifications have lasted up to several years, depending on the rate of the patient's aging process. Subsequent treatments are based upon your practitioner's recommendation and typically involve 3-5 treatments spaced 4-6 weeks apart. Once desired effects are reached, additional treatments may be necessary to maintain the results.

*BBL acne treatment:*

Clinical studies suggest that at least 2 BBL acne treatments are needed to begin to see results and results have been reported to last up to 6 months. Approximately, a 40-80% reduction in the number of lesions and the prevention of new lesion formation is the expectation from the treatment course. The number and frequency of treatments required will depend on the severity of your acne and how well it responds to treatment. Subsequent treatments are based upon your practitioner's recommendation and typically involve 5-6 treatments spaced 1-2 weeks apart. Once desired effects are reached, additional treatments may be necessary to maintain the results.

*Please call our office with any questions or concerns.*

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