

Avé Medical Laser Clinic

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Pre and Post BBL Instructions

BEFORE BBL Instructions:

1. No direct sun exposure for 2-3 weeks prior to procedure.
2. No Retin A (Tretinoin) or retinol products for 1-2 weeks prior to procedure.
3. No chemical peels two weeks prior to procedure.
4. No waxing two weeks prior or two weeks after procedure.
5. If instructed start Obagi Clear®, use twice a day starting at least 2 weeks prior to procedure.

If have a breakout with cold sores, you will not be treated until they are completely healed. Please notify Avé and we will get you rescheduled.

DAY OF BBL:

Today you were treated with the Sciton® Broadband Light Laser or BBL. The benefits of the BBL are to stimulate our skin cells to regenerate new collagen making it smoother, vibrant, and younger looking. This treatment targets:

- Pigmented areas (age spots)
- Vascular lesions (small blood vessels)
- Smooth Texture
- Increases skin firmness
- Improves uneven skin texture
- Collagen formation
- Smaller Pores

Following your treatment, you may experience redness or swelling. Vascular areas may have slight bruising. Pigmented lesions will become darker followed by these spots fading and flaking off. **Do NOT pick, wash, or scrub, it is important to let them naturally shed.** Post care is very important to ensure healing and ensure your best outcome.

[MOST CONDITIONS REQUIRE A SERIES OF 3 TREATMENTS TO ACHIEVE DESIRED RESULTS.](#) For best anti-aging benefits (Forever Young) we recommend BBL treatment twice a year for those under age 50 and BBL three times a year for those over age 50.

POST BBL Instructions:

1. Aerobic exercise should be avoided for 24 hours.
2. Hot baths are not advised for 24 hours if the BBL™ treatment is on the body (showers are recommended).
3. If the skin is broken or blisters appear notify Avé Medical Laser Clinic immediately and you will need to be seen for evaluation and treatment.
4. Cold packs, Aloe Vera or any other cooling preparation may be used to ease any temporary discomfort.
5. Direct sun exposure is to be avoided for at least 4 weeks following the procedure. A total sun block of at least SPF 35 should be applied if it is impossible to comply with the commitment to stay out of the sun.
6. Makeup can be applied as long as the skin is not broken.
7. Oral vitamin C 1000 mg twice a day and collagen powder daily are recommended in general to support collagen formation.
8. Keep your routine follow up visit two weeks post procedure and call with any questions.

BBL is one the best anti-aging treatments available and works best when combined with medical professional skin care products to boost your results and enhance your healthy skin. Avé staff are committed to educating you on what is the best skin care regimen to maximize your results.

Our Favorites (backed up by science):

Antiaging Serums: Revision Boosting Serum®, Defenage 8-1 Bioserum®, Plated Exosomes®, Alastin Restorative Skin®, Tretinoin (Retin A)

Vitamin C serums: C+ Correcting®, CE Ferulic®, Phloretin CF®, Obagi C®

Undereye creams: Neocutis®, Alastin®, Revision®, Obagi®

Anti-aging Moisturizers: Alastin Ultra Nourishing®, **AGE** Interrupter® cream, Nectifirm Advanced®

Pigment Faders: Obagi Clear®, Alastin Illuminate®

Complete Sunblock: Intellishades®, Alastin Hydratint®, ColoreScience Brush.

Note: bottle needs to say BROAD SPECTRUM to ensure both UVA and UVB are covered. SPF only refers to UVB coverage.