



Rejuvenation through art and science

Treatment Instructions **BBL Photorejuvenation**

The natural extrinsic consequences of aging on skin include sun damage, freckles, age spots & redness caused by broken capillaries and rosacea. Some skin defect consequences may arise from intrinsic hormonal factors that create an over production of melanin as in melasma or hereditary factors that produce more vessels. Phototherapy involves the reduction of these signs of aging and skin defects using non-invasive pulses of Broadband Light (BBL).

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 no recovery time & a low risk of complications with BBL treatments. Multiple sessions are performed every 2-4 weeks until the desired result has been achieved.

Post Treatment Instructions

- 1) Immediately following your BBL treatment, your skin may feel warm like mild sunburn and appear pink. This will subside within the next hour or two. In sensitive individuals, sometimes these symptoms continue and cause swelling the next day. Some redness after the treatment is normal and should resolve within 24 hours. Broken Capillaries treated either seal completely and are gone or may rupture under the skin and cause a bruise. If bruising occurs, it may take up to one week to heal.
- 2) Cold packs, aloe vera, or any other cooling preparation may be used to ease temporary discomfort. Oral pain relievers can also be used.
- 3) Avoid prolonged hot baths for the first 2 days. Quick, warm showers are recommended.
- 4) Strenuous aerobic exercise and use of saunas and hot tubs should be avoided for 24-48 hours.
- 5) Avoid the use of scented lotions/soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing until sensitivity has subsided.
- 6) The treated pigmented lesion will darken at first and then fade and flake off at a later stage. This is a normal and desired reaction.
- 7) You will be sensitive to ultra-violet light after treatment and you must avoid direct sun exposure until fully healed (approximately 4 weeks before and after treatment). A total sun block, not a sunscreen of SPF 30 or more, should be applied every 2 hours if it is impossible to comply. If further treatment is needed, a **commitment to stay out of the sun is necessary**. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation).
- 8) If the skin is broken or a blister appears, apply an antibiotic ointment and notify us.
- 9) Makeup can be applied as long as the skin is not broken. Makeup can also serve to protect the skin from sun exposure.

Please call the office if you have any questions or concerns during your recovery period. **414-964-1111**

Additional Instructions: _____