



## Broad Band Light (BBL) Post Treatment Instructions

1. You may experience mild swelling immediately following your treatment. It is normal for the treated area to feel like sunburn for a few hours. Use a cold compress if needed. Avoid any trauma to the skin — bathing with very hot water, strenuous exercise, or massage — for two to five days, depending on the intensity of the treatment and your reaction to it.
2. Avoid picking or scratching the treated skin to achieve your best results. If any crusting occurs, apply antibiotic cream/ointment.
3. Makeup may be used after swelling has gone down in the treated area. We recommend using mineral makeup to reduce the possibility of infection. Keep the area moist. Any moisturizer without alpha-hydroxy acids or Retinol will work.
4. You may shower in tepid water after your laser treatment. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.
5. Avoid sun exposure for at least two months to reduce the risk of hyper- or hypopigmentation. Use sunscreen with a zinc SPF of 20 or higher at all times throughout the course of your BBL treatments.
6. To achieve the best results it is important to follow through with the recommended treatment protocol advised for you.
7. Please do not hesitate to call with any questions or concerns. I am happy to assist you and can only do so if you call.