

# BBL - BroadBand Light™ & Excel V Instructions

Want to feel more confident and look youthful?

BBL and Excel V are designed to reduce redness, small blood vessels, brown spots, and other visible signs of sun damaged and aging skin.

Although the improvement of skin and imperfections is remarkable, patients who maintain a regular regime of treatments annually can also reduce and delay the long term signs of skin aging in a way that looks very natural. Ask us about the long term **Forever Young** study where treated patients looked 9 years younger than their actual age!

## **Prior to Treatment:**

**A series of three to four monthly treatments plus at home medical grade skin care is a must for success. “90 Days to Your Best Skin” is a program many of our patients enjoy. Please communicate with us along this journey as we start with standard settings and customize based on your feedback and response!**

- Use sunscreen and physical sun protection
- 4 weeks prior avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports outdoors.
- 1 week prior to your appointment, you should discontinue exfoliants and skin irritants such as waxing, hydroxy acids, tretinoin, etc.
- Inform your laser clinician if any Physician has ordered Accutane for you in the last 6 months.
- Inform your laser clinician of any medical conditions or medications (such as doxycycline) you are taking that might sensitize you to light, affect healing (such as prednisone) or thin your blood.
- If you have a history of herpes or cold sores within the treatment area, please inform us so we can evaluate and prescribe medication prior to treatment if needed. **(Famvir 500 mg po bid x 5 days, #30, 1 RF).**
- Come to your treatment with cleansed, skin care product/makeup free skin.
- For coarse facial hair and most body hair, please freshly shave the areas to be treated. Hair can affect laser results.

## **What to Expect During Treatment:**

- The procedure is typically gentle and safe, but redness and swelling are common and will resolve typically within a few days.
- There is no need for a topical anesthetic, however, your clinician may choose to use it.
- Your eyes will be protected with safety shields or glasses.
- You may briefly feel a warm or rubber band snap sensation as the light is absorbed.

### **Post-Treatment Instructions:**

- You may experience some redness or swelling in the treatment area that should resolve within a few hours and up to a few days. We can tailor the treatment to you.
- Avoid aggressive scrubbing or use of exfoliants for the first week after treatment. Normal cleansing with your fingertips is fine.
- Use a gentle cleanser such as SalujaMD Refresh Cleanser followed by Alastin Skin Nectar and Alastin Soothe and Protect as needed (at least twice daily).
- Small superficial blisters are normal (they do not scar if you do not pick).
- Numerous “bug bite” looking spots are expected and will clear within 1-2 days.
- It may also be that you get no visible response - the treatment is stimulating your collagen/skin - let us know what your response is like.
- You may notice darkening of your pigmented spots, followed by fading and flaking off within a few weeks. A “striping” look or effect is normal after the first couple of treatments and will correct by the end of the series. If striping is significant, please call.
- If we are treating pigment, additional skin care will be advised.
- Skin will return to normal by 1-2 weeks after the treatment. The skin on your body usually takes longer to heal, compared to your face.
- Return in 6 months for maintenance treatment.

This is considered a minimal downtime procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately.

**Just as important as the treatment is the care for your skin pre- and post-treatment.**

### **Sunscreen:**

- Do not expose your skin to direct sun exposure for 1 day. Sunscreen is a MUST if you are not indoors and should be used daily. We recommend Skinmedica Essential Defense SPF (for post procedure & sensitive skin) or Alastin SPF options. Ensure to reapply during sun exposure. The treated area is more prone to sunburn and pigmentation change.

### **Tips & Tricks:**

- Wear a wide-brimmed hat or sun protection clothing post treatment.
- If the treated area is especially warm or red or swollen within the first 12 hours after the treatment, a cold compress may be used to provide comfort. Alastin Skin Nectar or Alastin Soothe and Protect applied to the treatment area also helps this. In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used. Please inform us if there are any visible skin wounds. This type of reaction is rare.
- While the skin is healing, avoid anything that will irritate the skin, such as exfoliants, shaving, excess sweating, too hot or too cold water and swimming pools and spas with multiple chemicals/chlorine.