

BBL (BroadBand Light) Pre- & Post-Treatment Instructions

What is BBL?

BBL® (BroadBand Light) is an advanced light-based treatment that targets pigmentation, redness, sun damage, and uneven skin tone. It helps create clearer, brighter, more even-looking skin with minimal downtime.

2–4 Weeks Before Treatment:

- Avoid tanning, sunbathing, and tanning beds.
- Use a broad-spectrum sunscreen with SPF 30 or higher every day.
- Avoid self-tanning products. If you have recently used a self-tanner, please let your provider know before treatment.
- Keep your skin well hydrated with gentle moisturizers and/or hyaluronic acid (HA) serums.

5–7 Days Before Treatment:

- Stop retinoids, including Retin-A®, tretinoin, adapalene, and tazarotene, unless otherwise directed by your provider.
- Avoid exfoliating or potentially irritating skincare products, including glycolic acid, salicylic acid, AHA/BHA products, scrubs, and benzoyl peroxide.
- Avoid waxing, threading, depilatory creams, or other potentially irritating hair-removal methods in the treatment area.
- If you have a history of cold sores and are being treated around the mouth or face, please notify us. Antiviral medication is recommended before treatment.

Please Notify Us Before Treatment If You:

- Are pregnant or breastfeeding.
- Have a history of cold sores or herpes outbreaks.
- Have recently started a new medication.
- Have recently taken antibiotics or medications that increase sensitivity to light.
- Have had significant sun exposure, a sunburn, or used self-tanning products in the treatment area.

Day of Treatment:

- Arrive with clean skin, free of makeup, lotion, sunscreen, perfume, or deodorant in the treatment area.
- Stay well hydrated.
- If your face, neck, or chest is being treated, we recommend wearing a zip-up or button-down shirt that can be easily removed without rubbing against the treated skin.
- Wear comfortable clothing if a body area is being treated.

After Your BBL Treatment:

It is normal to experience:

- Mild redness and warmth, similar to a mild sunburn, for several hours.
- Mild swelling, particularly around the eyes when the face is treated.
- Darkening of brown or pigmented spots before they gradually flake or fade over approximately 7–14 days.
- Mild sensitivity, tightness, or dryness.

First 24–48 Hours:

- Apply cool compresses as needed for comfort.
- Cleanse gently and use a bland, gentle moisturizer.
- Avoid hot showers, saunas, steam rooms, hot tubs, and strenuous exercise that causes excessive heat or sweating.
- Pigmented areas may temporarily become significantly darker. Do not pick, scratch, scrub, or exfoliate them.
- Makeup may generally be applied the following day as long as the skin is intact and comfortable.

For the Following Week:

- Wear a broad-spectrum SPF 30 or higher every day and reapply when outdoors.
- Minimize direct sun exposure and wear a wide-brimmed hat when outdoors while your skin is healing.
- Avoid retinoids, AHA/BHA acids, exfoliants, scrubs, benzoyl peroxide, and other irritating products for approximately 5–7 days or until the skin has completely healed.
- Continue using gentle, hydrating skincare products.

Results:

- Improvement occurs gradually over the following several weeks.
- Pigmented lesions may initially darken before fading or flaking away.
- Redness and vascular concerns may improve progressively after treatment.
- For best results, a series of treatments may be recommended depending on your skin concerns and treatment goals.
- Consistent sun protection and a good skincare regimen are important for maintaining your results.

When to Contact Us:

Please contact our office promptly at **305-317-6448** if you experience:

- Severe or worsening pain.
- Blistering or open wounds.
- Significant or worsening swelling, particularly after the first 48 hours.
- Increasing redness, warmth, drainage, pus, fever, or other signs of infection.
- Any unexpected reaction or concern following your treatment.

If you have any questions about your skincare products or medications before restarting them, please contact our office.