



# THE NADERI CENTER

## COSMETIC SURGERY SPECIALISTS

### Corrective BBL and Forever Young™ BBL Pre- & Post-Treatment Instructions

#### What is BBL (BroadBand Light)?

BBL is an innovative light-based technology that sets new standards for treating skin conditions associated with aging, active life-styles and sun damage. BBL light energy allows your clinician to design treatments personalized for your skin and precisely treat age and sunspots, small facial veins, and many other skin defects. BBL phototherapy is noninvasive so you can receive comfortable and effective treatments to fit your schedule, even on a lunch break.

#### How does BBL work?

BBL deposits pulses of light energy that gently heats the upper layers of skin. Within the skin, the light energy is absorbed by targets, such as fine, broken vessels that cause redness and brown spots or pigmented lesions that are caused by an overproduction of melanin. This scientific and biological process destroys the target, eliminating it from the skin and restoring it to its natural beauty, blending its natural tones, making it more vibrant and youthful in appearance and touch.

#### What conditions can be treated with BBL?

- Pigmented Lesions (e.g., freckles, age spots, melasma)
- Vascular Lesions (e.g., small blood vessels, rosacea and other micro-capillary flushing conditions)
- Acne
- Skin laxity
- Uneven Skin Texture

#### Pre-Treatment Instructions

1. If you have active acne in the treatment area call to reschedule unless you are coming for Blue Light Forever Clear treatment.
2. If you are prone to cold sores you will be placed on an anti-viral medication. Please take medication as instructed and complete entire course.
3. Please arrive with fully cleansed skin: no makeup, moisturizers, perfume, cologne, sunscreen or any other products on the skin. **Bring a wide brim hat to wear on the day of your procedure.**
4. For certain skin types it may be necessary to pre-treat the areas with Retin-A and Hydroquinone for 4-6 weeks prior to the treatment. Your laser Technician will discuss this with you and plan ahead.
5. Stop all topical products including: Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone, and benzyl peroxide (3) days prior to the treatment. Use only mild soap and sunscreen. If you have been on antibiotics oral/topical up to 7 days before procedure please inform our staff.
6. Topical numbing cream may be applied pre-treatment. Notify us of any medication allergies, PREGNANCY OR NURSING.
7. NO SUN EXPOSURE, TANNING BEDS OR SELF TANNING PRODUCTS 3 weeks prior to procedure and for 3 months after procedure. If tanned or sunburned procedure may be canceled for your safety.
8. Avoid products or treatments that irritate the skin for two weeks prior to treatment: chemical peels, waxing, and chemical depilatories, etc.
9. Make sure the skin is shaved and hairless but do it at least 3 days before. Do not shave the treated area the day of or the day before the procedure to avoid irritation.

### **Post-Treatment Instructions**

1. ONLY use recommended post-treatment products for the first 7 days after your treatment. *The least irritating post-treatment hydration is CRISCO.*
2. NO SUN EXPOSURE for at least 14 days, ideally 30-90 days after the procedure. No tanning for at least 3 months after procedure.
3. NO picking or exfoliating the skin. Let the scabs gently fall off on their own.
4. NO vitamin A products for 14 days post treatment. (Retin-A, Retinol, Tazorac)
5. NO Chemical peels 1 month post treatment.
6. DO NOT USE any method of hair removal on the treated area for 14 days post treatment.
7. NO Toners or acids or irritants for 14 days post treatment.
8. NO Exfoliating medications, chemical products or devices for at least 14 days post treatment.
9. Cool packs, Tylenol, and NSAIDS are ok if you are feeling discomfort or swelling.
10. NO DIRECT ICE ON TREATED AREAS. Ice cold wash cloths or cool compresses are OK.
11. Some patients will start 4% Hydroquinone 7-14 days post treatment to avoid hyperpigmentation.
12. Some patients will need to start steroid creams after treatment to prevent post-inflammatory hyperpigmentation.
13. If any excess redness, itching, oozing, or questions arise please let us know immediately.

### **What To Expect After Your Treatment**

**Day 1:** It is normal and expected for your skin to feel red, sun-burnt, tight, dry, swollen, and sensitive to the touch. You may also experience some stinging. Drink plenty of water, avoid makeup and use only your post-treatment recovery balm.

Stay away from exfoliants or glycolic acids that are present in other cleansers as these can make your skin very dry after the procedure.

**Day 2:** May feel the same as you did Day 1. Skin feels dry, tight, irritated and the discoloration and freckles may appear darker. Continue using the post-treatment recovery balm. You may use makeup but only water-based powders and be very gentle.

**Day 3 – 7:** Spots may start to get darker and to flake. Do not pick at the areas. Continue apply post-treatment recovery balm. AVOID SUN EXPOSURE. Wear sunscreen and hats for sun protection.

**Day 8:** We may ask you to start using the Hydroquinone &/or steroid creams. Begin using sunscreen. Continue wearing hats for sun protection.

**Day 14+:** You may return to your normal skincare routine. The skin should be completely healed. Retin - A products are ok to continue. Always wear sunscreen. Continue hydroquinone. Avoid the sun.

For best results and efficacy we recommend a series of 3-5 treatments at 4-6 week intervals and subsequent maintenance or booster treatments for best results at least once a year. If you have any concerns, please call us immediately at 703-481-0002.