



THE NADERI CENTER
COSMETIC SURGERY SPECIALISTS

Forever Clear™ BBL (Broadband Light)™ for Acne Treatment

Pre and Post-Treatment Instructions

Patient response can vary after a BBL Acne treatment. Erythema (redness) is usually noted within a few minutes after the completion of the procedure. A slight sun burn sensation in and around the area treated is also normal and expected. These reactions tend to subside within a few hours after the treatment.

Pre-Treatment Instructions

1. 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.
2. 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.**
3. 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.
4. 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.
5. Notify us of any medication allergies, PREGNANCY OR NURSING.
6. 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.
7. Avoid products or treatments that irritate the skin for two weeks prior to treatment: chemical peels, waxing, and chemical depilatories, etc.
8. 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

Until sensitivity has completely subsided, avoid all of the following:

- Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
- Hot or cold water – only wash with tepid luke warm water
- Shaving
- Swimming pools and spas with chemicals/chlorine
- Activities that cause excessive perspiration
- A cold compress can be used to provide comfort if the treated area is especially warm. This is rarely needed but if so use it within the first 24 hours after the treatment.
- Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight. Do not manipulate the area.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+ reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- Subsequent treatments are based upon your clinician's recommendation and are typically 2 treatments per week for 2-6 weeks or until acne reduces. The number and frequency of treatments needed will depend on the severity of your acne and how well it responds to treatment.
- Clinical studies suggest that at least two BBL 420 nm acne treatments are needed to begin to see any results and results have been reported to last up to 6 months after 4-6 treatments. Booster treatments are necessary as is a proper medical skincare regimen.

If you have any concerns, please call us immediately at 703-481-0002.