



THE NADERI CENTER  
PLASTIC SURGERY & DERMATOLOGY

# Sciton BBL (BroadBand Light)

*Also Known as Intense Pulsed Light (IPL) · Treatment Instructions*

*Having more than one treatment? Follow the more cautious instruction. Always follow The Naderi Center's instructions rather than advice from friends, family, or online research.*

## ABOUT SCITON® BBL®

**What it is.** Sciton® BBL® (BroadBand Light) is a premium, advanced form of intense pulsed light (IPL) made by Sciton®, a leading maker of medical lasers, and a step above the many basic IPL devices on the market. Unlike a laser, which uses a single wavelength, BBL® delivers a broad spectrum of light that we tailor to your skin with filters, so one device can treat redness, brown pigment, and other signs of sun damage and aging. Forever Young BBL® is a series of these treatments repeated over time to maintain your skin. BBL® is non-invasive and fits your schedule.

**How it works.** Different targets in the skin absorb different wavelengths of light, and the filter we choose decides which target is treated. The light turns into heat inside that target while the skin around it is spared. Each target responds differently:

- **Blood vessels and redness.** Hemoglobin, the red pigment in blood, absorbs the light. The heat coagulates the small vessel, which clamps down, collapses, and closes off; some vessels may rupture and look briefly bruised. Your body then clears the closed vessels over the following weeks, and the redness fades.
- **Brown spots.** Melanin, the brown pigment in the skin, absorbs the light. Over the next few days the spots darken, often looking like coffee grounds, then rise to the surface and flake off, usually within about a week.
- **Bruises.** BBL® can also speed the healing of deep bruises, such as those after injections. A bruise is blood that has leaked under the skin; its hemoglobin absorbs the light, which breaks the pooled blood down so your body can clear it faster. Bruises often start to change color within hours and fade much sooner than they would on their own.
- **Acne.** With the blue light filter, BBL® targets the bacteria that cause acne.
- **Texture and tone.** Longer wavelengths gently heat the deeper layers of the skin, which stimulates collagen renewal.

### What it treats.

- **The gold standard for redness:** rosacea, small capillaries and spider veins, and general redness and flushing
- **Brown pigment:** freckles, age spots, and sun spots (hyperpigmentation that is not melasma)
- **Deep bruises,** such as after injections, to help them fade faster
- **Acne,** using the blue light filter

- Skin laxity
- Uneven skin texture

## NOT FOR MELASMA OR SUSPICIOUS MOLES

BBL® should not be used on melasma or on suspicious moles.

**Tell us before your treatment if you have melasma** or any mole that is new, changing, or concerning, so we can avoid it.

## BEFORE YOUR TREATMENT

Coming in only to treat a bruise? Your provider will tell you which of these steps apply to you.

- **Accutane.** Tell us if you have taken Accutane (isotretinoin) in the past 6 months.
- **Cold sores.** If you are prone to cold sores, you will be placed on an antiviral medication. Take it as instructed and finish the course.
- **Topical pre-treatment.** For certain skin types, the area may need 6 weeks of pre-treatment with Retin-A and hydroquinone, stopping 3 days before your treatment. Your provider will tell you if you need it.
- **Stop topical products 3 days before:** Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone, and benzoyl peroxide. Use only mild soap and sunscreen. Some antibiotics make the skin sensitive to light, so tell our staff if you have taken oral or topical antibiotics within 7 days of the procedure.
- **No sun, tanning beds, or self-tanner** for 3 weeks before your procedure. If you are tanned or sunburned, the procedure may be canceled for your safety.
- **Avoid harsh products and treatments** that irritate the skin for 2 weeks before treatment, such as chemical peels, waxing, and depilatories.
- **Shaving.** If the area has hair, such as a beard, shave it closely the night before or the morning of your treatment. Hair and stubble absorb the light, which can cause discomfort or a burn. BBL® can also thin hair in the treated area, so tell us if you want to protect your beard.
- **Arrive with clean skin.** No makeup, moisturizer, perfume, cologne, sunscreen, or other products. Bring a wide-brimmed hat to wear home.

## AFTER YOUR TREATMENT

- **Skincare.** Use only the recommended post-treatment products for the first 7 days.
- **Cold compresses.** If the area feels warm in the first 24 hours, a cold compress can help.
- **Pain relief.** Discomfort is usually minimal. If the area is very uncomfortable, oral pain relievers such as Extra Strength Tylenol or Advil may be used.
- **No picking or exfoliating.** Let darkened spots and any crusts flake off on their own.
- **No chemical peels** for one month.
- **No waxing, threading, or hair removal creams** on the treated area for 14 days. If you shave the area, wait until the skin has healed, usually about a week, and shave gently.
- **No harsh skincare** for 7 days: no harsh topical products, exfoliating medications, or skincare devices. Avoid vitamin A products (Retin-A, retinol, Tazorac) until your provider tells you to resume them.
- **Avoid the sun for 3 months.** Strictly protect the treated skin from direct sun, tanning beds, and self-tanner for 3 months. Treated skin burns and changes color easily. Wear a wide-brimmed hat, stay in the shade, and use a mineral sunscreen, SPF 30 or higher, reapplied every 2 hours outdoors. Sunscreen is not a substitute for sun avoidance.
- **Protect the area right away.** Sun exposure in the first 72 hours can cause delayed blistering.

## DAY BY DAY

- **Day 1.** Redness, a sunburned feeling, tightness, dryness, swelling, sensitivity, and some stinging are normal and expected. Drink plenty of water, skip makeup, and use only the recommended products. Avoid exfoliants and glycolic acids in other cleansers; they can make your skin very dry.
- **Day 2.** May feel the same as day 1. Discoloration and freckles may look darker. Continue the post-treatment hydrating products. You may use water-based powder makeup, gently.
- **Days 3–7.** Spots may darken and flake. Do not pick. Keep applying the hydrating products, avoid the sun, and wear sunscreen and a hat.
- **Day 8.** The skin should be healed, and you may return to your normal skincare. Restart vitamin A products when your provider tells you to. Your provider may also start hydroquinone or a steroid cream if needed. Keep avoiding the sun for the full 3 months.

*If you are ever unsure, our team is always available. Take a few clear, well-lit photos and email them to [Staff@NaderiCenter.com](mailto:Staff@NaderiCenter.com). For anything more urgent, please call the office so we get your message quickly.*

## CALL US RIGHT AWAY IF YOU HAVE

- Broken skin or blisters. Apply an antibiotic ointment, keep the area moist, avoid direct sunlight, and do not manipulate it.
- Fever over 101°F
- Rapidly increasing or severe swelling
- Worsening pain not improving with medication
- Increasing redness, warmth, pus, or concerning drainage
- Rash, severe itching, or blisters (possible medication reaction)

## CALL 911 IMMEDIATELY FOR

- Chest pain
- Shortness of breath
- Excessive bleeding

## REACH US

**VIRGINIA** 703.481.0002

**MARYLAND** 301.222.2020

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**WEB** [www.NaderiCenter.com](http://www.NaderiCenter.com)