



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

Blue Light Therapy for Acne

Sciton® Forever Clear BBL® · 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 FOREVER CLEAR BBL®

What it is. Forever Clear BBL® is an acne treatment using our Sciton® BBL® (BroadBand Light) device, a premium form of intense pulsed light (IPL). It is non-invasive, suits teens and adults, and can treat the face, neck, chest, and back. Each session takes about 10–15 minutes and makes three passes over the skin:

- **Blue light** targets the acne-causing bacteria deep in the pores.
- **Yellow light** calms inflammation and acne-related redness.
- **Infrared light** supports your skin's natural healing.
- **Your series.** Your provider will recommend a schedule, typically 2 treatments a week for 2–6 weeks or until the acne improves, depending on its severity and response. At least two treatments are usually needed before results begin, and results have been reported to last up to 6 months after 4–6 treatments. Maintenance treatments and a good medical skincare routine are needed to keep your skin clear.

3–6 WEEKS BEFORE

- **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.
- **No sun, tanning beds, or self-tanner** for 3 weeks before treatment. 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, such as chemical peels, waxing, and depilatories.
- **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.

3 DAYS BEFORE

- **Pause strong topical products:** Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone, and benzoyl peroxide. Use only mild soap and sunscreen. During your series, your provider will tell you which acne products to use between treatments.
- **Antibiotics.** Some antibiotics, including common acne antibiotics, make the skin sensitive to light. Tell our staff if you have taken oral or topical antibiotics within 7 days of your treatment.

DAY OF TREATMENT

- **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 fully cleansed skin:** no makeup, moisturizer, perfume, cologne, sunscreen, or other products. Bring a wide-brimmed hat.
- **Tell us** about any medication allergies, and if you are pregnant or nursing.

AFTER YOUR TREATMENT

- **What to expect.** Some redness and warmth are normal and usually fade within a few hours.
- Until all sensitivity has subsided, avoid:
 - Scented lotions or soaps, exfoliating creams (Retin-A, glycolic, salicylic, and alpha-hydroxy acids), acne creams or gels, loofahs, and aggressive scrubbing
 - Hot or very cold water; wash only with lukewarm water
 - Shaving
 - Pools and spas with chemicals or chlorine
 - Activities that cause heavy sweating
- **Cold compresses.** If the area feels warm in the first 24 hours, a cold compress can help.
- **Makeup** can be applied right after treatment, as long as the skin is intact with no blistering.
- **Soothing products.** Vitamin E or aloe vera on the treated area may be soothing.
- **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 squeezing.** Do not pick at or squeeze your acne; it can cause scarring and dark marks.
- **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.

If you are ever unsure, our team is always available. Take a few clear, well-lit photos and email them to 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

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