



## **BROADBAND LIGHT (BBL) TREATMENT**

### **PRE-TREATMENT INSTRUCTIONS**

1. Discontinue oral antibiotics that cause photosensitivity (e.g., doxycycline, Oracea) 2-3 weeks prior to treatment. If you have taken Accutane, you may not be treated until six (6) months after the completion of treatment.
2. Discontinue Retin-A, retinol, or other products derived from Vitamin A, seven (7) days before treatment.
3. The area you wish to have treated must not be tan (this includes the use of artificial tanning products). Use sunscreen with an SPF of 25 or greater throughout treatment.
4. Avoid BOTOX, Dysport and dermal filler injections seven (7) days before and seven (7) days after treatment.

### **POST TREATMENT INSTRUCTIONS**

1. Immediately following treatments, you should apply an ice pack to the treated area(s), as there may be mild swelling. It is normal for the treated area to feel like sunburn for a few hours. You can continue to treat the area with cold compresses, if needed. Avoid any trauma to the skin, such as bathing with very hot water, strenuous exercise, or massage, for two (2) to five (5) days following treatment.
2. You may gently cleanse the treated area in tepid water, using a mild cleanser. Treated skin should be patted dry and not rubbed.
3. Keep treated skin moist with aloe-vera gel, Aquaphor, or other emollient moisturizer that does not contain alpha-hydroxy acid. Avoid picking or scratching the treated skin to achieve your best results.

Avoid tweezing, waxing, bleaching and chemical peels during the course of treatment.