

POST CARE: BBL™ TREATMENTS

Phototherapy, Phototherapy for Acne, Skin Tyte and Forever Young BBL™

- 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+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment. Vigilant care must be taken to avoid sun exposure (tanning beds included) before and after the treatments to reduce the risk of color change. Sunscreen and/or sun block should be applied when sun exposure is necessary.
- Patient response can vary after a non-invasive laser treatment. Erythema (redness) is usually noted within a few minutes after the completion of the procedure. A slight sunburn sensation in and around the area treated is also normal and expected. These reactions tend to subside within 1-4 hours after the treatment; however Phototherapy reactions can last from a few hours to days after treatment. A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm and will help minimize swelling.
- 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 - wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine and severe temperature changes.
 - Activities that cause excessive perspiration
- 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.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised and there are no signs of blistering.
- If the skin is broken or a blister appears, in the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment. Keep the affected area moist and avoid direct sunlight. Do not pick at these areas, as this may result in infection or scarring. *Contact the office immediately.*
- **The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.**
- Subsequent treatments are based upon your clinician's recommendation and can vary based upon treatment.
 - **Phototherapy** treatments are typically 3-4 weeks apart until the desired result has been achieved.
 - **Phototherapy for Acne** treatments are typically 2 times per week for 2-4 weeks or until acne clears. The number and frequency of treatments needed depends 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 results and results have been reported to last up to 6 months.
 - **Skin Tyte** treatments are typically 2-4 weeks apart. The number of treatments necessary will depend upon your individual condition and your body's response to the light.
 - **Forever Young BBL** A minimum of 3 treatments are recommended 3-4 weeks apart.



PHOTOTHERAPY

The natural extrinsic consequences of aging on skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. Some skin defect consequences may arise from intrinsic hormonal factors that create an over production of melanin as in melasma or hereditary factors that produce more vessels. Phototherapy involves the reduction of these signs of aging and skin defects using non-invasive pulses of BroadBand Light (BBL).

If brown spots are the target, BBL penetrates the skin to reach the melanocytes. The particles of the cells left behind will peel or slough off within 7-14 days. Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.

If redness is the target, blood vessels in the deeper layers of the skin absorb the light and the heat created by the light damages the vessels. The vessels are shut down and the body continues to absorb the destroyed vessel remnants. There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.

There is no recovery time and a low risk of complications with Phototherapy treatments.

SKIN TYTE

The full effects of the SkinTyte™ treatment appear gradually. It can take 3 to 6 months for full results, although some patients do see them sooner. Full results have been known to last for up to 6 months, but recent studies have shown that some thermal collagen modifications have lasted up to several years, depending on the rate of the patients aging process.

There is no recovery time and low risk of complications with SkinTyte™ treatments.

FOREVER YOUNG BBL

Forever Young BBL is an innovative technology that uniquely delivers light therapy targeting the signs of aging and sun damage and effectively provides a more refreshed, rejuvenated and youthful appearance. Final results are seen 3 to 6 months after the last treatment. 3 to 5 treatments are recommended with 2 to 3 treatments per year for maintenance.

Patient's Name (Printed): _____

Signature: _____ Date: _____

Staff Signature: _____ Date: _____