



La Jolla Cosmetic
Medical Spa
est. 2013

Broad Band Light (BBL) Pre and Post Care

WHO IS NOT A CANDIDATE FOR BBL TREATMENT?

- Certain autoimmune diseases or connective tissue disorders (ex: scleroderma, vitiligo)
- Presently pregnant
- Recently had sun tanned skin (including tanning beds and self-tanners)
- History of Accutane / Isotretinoin treatment over the past 6 months
- A history of photosensitivity including light induced migraines/seizures

PREPARING FOR YOUR TREATMENT

- Do not wear makeup on the day of treatment.
- No unprotected sun exposure or self-tanners, tanning beds minimum 2 weeks prior to treatment
- If you have a history of cold sores, please inform your practitioner prior to your treatment.
- If you have facial hair, shave the area prior to treatment. There is a possibility of temporary hair reduction.
- Avoid use of any retinoid, glycolic acid or AHA, or active ingredient product for five days prior to your treatment.
- A prescription strength pigment suppressor called Hydroquinone may be recommended to use for 2-8 weeks before laser. Use as recommended by your provider.

AFTER YOUR TREATMENT

- Immediately after the procedure, your skin may appear reddish pink and have a warm, sunburned sensation. This is temporarily and usually resolves within 24 hours. For this reason, avoid saunas, hot tubs, and steam rooms, and workouts for 48 hours after treatment.
- Pigmented spots will darken slightly and usually take 7-14 days to slough off. Do not pick or scratch at the lifted pigmentation. Treatments on the body will take longer than the face to slough.
- Avoid unprotected sun exposure after your treatment. Protection means an SPF 30 or higher sunscreen, and a covering like sleeves/gloves/hat.
- Avoid use of any retinoid, glycolic acid or AHA, or active ingredient product for five days prior to your treatment.
- You should avoid close contact with pets after laser treatment such as sleeping, cuddling, or allowing them to “kiss” lick you. No matter how clean they are, pets carry germs that are different to human germs. These germs can transmit diseases and cause infections. This could alter your result in a negative way requiring antibiotics, possible hospitalization and even additional procedures or treatments. Ask your provider when it is safe to resume close contact.