

## BroadBand Light (BBL™) Treatments

### What is BBL™ BroadBand Light?

BBL™ is an innovative technology that sets new standards for skin conditions associated with aging, active lifestyles, and sun damage. BBL™ energy allows your clinician to precisely treat age and sun spots, small facial veins, and many other skin conditions. Your treatment will be tailored to match your skin type and your desired results.

### How does BBL™ work?

The light energy delivered by the BroadBand Light will gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate new collagen. This process will restore your skin to its natural beauty, blending its natural colors and making it smoother, vibrant and younger looking. In addition, the photothermal energy will eliminate fine vessels that cause redness and reduce unwanted melanin that produces pigmented lesions.

### What conditions can be treated with BBL™?

- Pigmented Lesions (e.g., freckles, age spots and other hyperpigmentation)
- Vascular Lesions (e.g., small blood vessels, rosacea, hemangiomas)
- Acne
- Skin Laxity

### What areas can be treated?

Any area of your body can be treated. The most common areas are those most exposed to the damaging effects of sunlight. The most popular treatments are on the face, neck, back of the hands, chest and shoulders.

### How many treatments will I need?

The number of treatments required will vary from patient to patient and we will personalize a treatment plan based on the level of improvement you desire. Although one treatment is beneficial, a series of treatments is usually recommended. Multiple treatments (3-6) may be necessary over 3-4 week intervals. For acne, 1-2 week intervals are recommended. After initial treatment series, periodic maintenance may be advised (depending upon condition/s treated). We may also combine your treatment with other aesthetic procedures to further personalize your treatment.

### What will happen during the procedure?

Your eyes will be protected with safety shields or glasses. You may briefly feel a warm or “rubber band snap” sensation as the light is absorbed by the targeted areas. Your procedure may take a few minutes to half an hour depending on the size of the area to be treated and the type of procedure performed. Your clinician will discuss all of your options with you.

**Will it be uncomfortable?**

The procedure is gentle, non-invasive, and safe. There is no need for a topical anesthetic.

**What should I expect after the treatment?**

You may experience some redness that should resolve within a few hours. For some pigmented lesions, you will see a darkening of the treated areas followed by fading and flaking off at a later stage. Your treated skin will feel smoother, fine lines and pores will be less noticeable, and sunspots or uneven pigmentation will fade. Results depend on your condition, the number of treatments, and the area treated.

**How long will it take to recover?**

This is a non-invasive and gentle procedure with virtually no downtime. In most cases, you are able to return to work, apply makeup, and resume most of your activities immediately. In general, improvement is progressive and gradual, occurring over 2-8 weeks after each treatment, depending upon condition treated. Occasionally, focal to extensive purpura (bruising of red-purple color) is present, which will last or gradually fade over 5-10 days or sometimes more.

**What aftercare do I need?**

It is important to follow your provider's instructions. You may be given some skin care products and instructions on how to use them. You will be sensitive to ultraviolet light and you must avoid direct sun exposure until completely healed. Fully cover your skin or use a good sunscreen whenever you go outdoors.

**Contraindications** (i.e. patients who are not good candidates) to BBL™ treatment may include (but are not limited to) those patients who:

- are sensitive to light or take medication (i.e. antibiotics) that are known to increase sunlight sensitivity
- Accutane/Isotretinoin use within last 6 months prior to treatment
- have a seizure disorder triggered by light
- with tanned skin or using self tanner/spray tanning
- have a very dark skin color (i.e. Fitzpatrick skin type IV)
- are pregnant or are trying to become pregnant
- taking anticoagulant medication or heavy aspirin use
- have an active infection and/or compromised immune system
- who have a history of keloid scar formation

### **Pre-BBL™ Instructions**

- Avoid sun exposure, tanning beds and self-tanner for the treatment area 3-4 weeks prior and throughout BBL treatment course. If unavoidable, treatments sessions may need to be increased due to reduced fluence (i.e. energy) settings or even cancelled if recently exposed.
- Do not use aspirin, ibuprofen, vitamin E, ginkgo biloba for at least 1 week before and for the first 2 days after treatment (of vascular targets).
- Inform clinician of any areas with permanent make-up or tattoos as they need to be avoided.

### **Post-BBL™ Care Instructions**

- Apply a soothing ointment or aloe vera as needed to treated area/s to prevent drying and for soothing effect. (e.g. post laser gel, Eucerin, Aquaphor)
- If the treated area scales or scabs, apply a thin coat of antibiotic ointment (i.e. Bacitracin or Polysporin) to the treated area twice daily for 7 days, or until the surface looks healed. Cover with non-stick gauze as needed. Change daily.
- Do not rub, scratch, or pick the area(s), as treated areas maybe more fragile for up to several days or more after treatment.
- Makeup is permitted immediately after treatment (as long as skin is intact), be very gentle when applying or removing it.
- You may get the treated area wet, gently pat dry.
- Swimming/saunas/hot tubs are generally permitted after 1-2 days or once all crusts (if any) have fallen off (usually, 5-10 days).
- Avoid/minimize sun exposure, as best as possible, for 3-4 weeks before and after treatment and throughout treatment course.
- Wear protective clothing (hat, etc.) and a broad spectrum (UVA/UVB), high SPF (at least SPF 30) sunblock to protect the treated area from direct sun exposure. Apply after any other topicals and moisturizer.
- Relieve any swelling by applying cool compress or an ice pack wrapped in a soft cloth 5-10 minutes / hour for several or more hours.
- Take Tylenol or another pain reliever that contains no aspirin or ibuprofen, if needed.
- If the treated area becomes increasingly tender, red, swollen and/or purulent or itchy contact our office immediately as this may represent an infection or allergic reaction that may require treatment.

Concurrent Procedures: **BBL™** may be combined with **NanoLaserPeels™** and **Injectables**