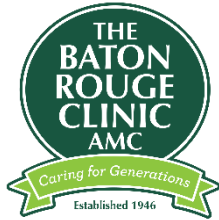


**The Baton Rouge Clinic, AMC**  
**Laser & Aesthetics Department**  
**Appointments & Office: (225) 246-9741**

**Phototherapy – BBL™ BroadBand Light Post-Treatment Instructions**

The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.

- Until sensitivity has completely subsided, avoid all of the following:
  - Use of scented lotions or soaps, exfoliating creams or scrubs, topical retinoids (*including: Retin A, Differin, Atralin, Avita, Ziana, Veltin*), glycolic/salicylic acids, fruit/alpha – hydroxyl acids, or topical acne medications.
  - Use of loofahs, Clarisonics, or aggressive scrubbing.
  - Hot or cold water – wash with tepid water.
  - Shaving.
  - Swimming pools and spas with multiple chemicals/chlorine.
  - Activities that cause overheating or excessive perspiration. This includes strenuous exercise, saunas, steam rooms, hot tubs, or hot showers. Do not exercise at all for 48-hours.
- A cold compress or ice pack can be used to provide comfort if the treated area is especially warm. You may also use a spritz bottle filled with cool water. Cooling is typically only needed within the first 12-hours after the treatment. Do not apply creams or ointments until the skin no longer feels warm to the touch, as these can retain the heat on the skin.
- Skin may be red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to a few days after treatment. Applying an ice pack for the first few 24-hours will help minimize swelling. Swelling is typically worse when you first wake up in the morning.
- Once the skin is cool, Vitamin E or Aloe Vera may be applied to the treatment area to provide a soothing effect. Post-treatment discomfort is typically minimal, but if the area is very uncomfortable, over-the-counter pain relievers such as acetaminophen (*Regular or Extra Strength Tylenol*) may be used. You should avoid Ibuprofen (*Motrin, Advil*), Naproxen (*Aleve*), and Aspirin for a week after the procedure. You should also avoid these medications (*except Tylenol*) for a week before any other BBL procedure.
- Treated freckles and sunspots may turn slightly darker initially and then flake off within 7 – 14 day. This is a desired and normal reaction. Do not scrub or exfoliate any flaking areas, as this increases the risk of infection and the possibility that you will heal with discoloration.
- There may be redness and mild swelling around any treated blood vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- If you experience any crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight.



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- Mild itching is not uncommon during healing, but if it becomes bothersome, you may use over the counter Hydrocortisone 1% cream as needed. For severe itch unrelieved by Hydrocortisone cream or for rash, contact the office.
- Strictly avoid any sun exposure or tanning to the treated area for a minimum of 4 weeks 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.
- If in the middle of a series of BBL PhotoTherapy treatments, sun exposure should be avoided between treatments (*or at least 4 weeks before the next treatment*), and a sunblock should be used on a daily basis.
- Subsequent treatments are based upon your clinician's recommendation and are typically 2 – 4 weeks apart.