



THE SKIN CENTER
BY CHARLOTTE PLASTIC SURGERY.



A Guide to **BroadBand Light**

What is BBL or BroadBand Light?

BBL is an FDA cleared skin rejuvenation treatment.

BroadBand Light, aka BBL therapy is the next generation of Intense Pulsed Light (IPL) therapy.

The treatment consists of short blasts of high-intensity light that creates heat and energy referred to as photothermal energy. Photothermal energy is absorbed by the skin destroying pigmented cells (dark spots) and works to eliminate hemoglobin in fine blood vessels that cause redness. BBL machines are equipped with advanced cooling features, allowing treatment with minimal discomfort.

What are the Benefits of BBL?

BBL treats a vast range of skin concerns!

BBL treats a vast range of skin concerns such as: acne, rosacea, broken capillaries, mild redness and spider veins, age spots, fine lines, wrinkles, uneven skin tone and texture, all with little recovery time and no surgery.

Who is a Good Candidate for BBL?

Light, untanned skin tones are the best candidates.

Due to the fact that the skin absorbs the light and energy it is not recommended for olive or brown skin for risk of burning or possibly scarring. (There are several other options available for olive and brown skin tones).

What Areas can BBL Treat?

Face, Neck, Décolleté and Hands are most often treated, however other areas may be treated as well.

How Should I Prepare for a BBL Treatment?

First and foremost - choose wisely! Location and provider matters.

To avoid the possibility of scarring, it is highly recommended you select a medical practice where BBL is performed by an experienced provider. Next, schedule a consultation. Your provider will determine if you're a good candidate for BBL.

If determined you are; your provider will assess your skin's condition, review with you your desired goals, then develop a customized treatment plan to help you achieve your desired results. The number of treatments for optimal results varies. Most people need a series of three to four sessions, performed two to four weeks apart.

1 month prior: Avoid sun exposure. This includes tanning booths, self tanners and tanning lotions. You must have absolutely have no tan.

2 weeks prior: Avoid chemical peels, using topical skin care products containing glycolic acid, retinol (all Vitamin-A derivative skin care products), avoid waxing or any other facial treatments.

1 week prior: If you're prone to cold sores, you should begin taking a prescribed antiviral medication, such as Valtrex or Famvir. Your doctor can write you a prescription.

What Should I Expect Post Treatment?

A few hours after treatment you may appear pink, skin may feel tight, as if you have a slight sunburn.

Some swelling, especially around the eyes for three to five days after procedure may occur. The appearance of bruising may also be visible after treatments of vascular issues. Over the next several days pigmented lesions slowly darken, some describe the appearance as peppered or coffee grounds. To avoid scarring, it is extremely important to resist the urge to pick or scrub these spots; let them flake off on their own.

Following the procedure, for the next two weeks brown pigment will continue to peel and slough off and the body will continue to absorb any remaining particles of destroyed blood vessels.

The energy and heat generated by the BBL treatment stimulates a wound-healing response in the body thereby boosting collagen production.

When Will I See Results?

You should begin to see noticeable results within two weeks!

Your skin should begin to feel smoother, with less noticeable fine lines and wrinkles. A rejuvenation of skin tone and texture, blending your skin's natural colors, restoring a more vibrant, youthful overall appearance.

BBL Do's and Don'ts!

Do: Relieve any immediate discomfort by using a cool compress (lightly press a damp, soft cloth for 10–20 minutes at a time). You may take an OTC pain reliever, such as ibuprofen. Keep skin lubricated, most often a topical ointment is provided post procedure along with an SPF.

If one is not provided use a gentle moisturizer and you must be especially vigilant about using sunscreen with an SPF of at least 30 every day!

Don't: You must avoid products that contain retin-A, retinol, glycolic acid, or salicylic acid for at least one week. Do not use scented lotions, exfoliants, and avoid aggressive scrubbing. (It is important the barrier function of your skin not be additionally compromised during the recovery time).

Post-procedure, you'll need to protect your skin with a high-SPF sunscreen, better yet, avoid the sun entirely for at least two weeks. It is also important to avoid prolonged sun exposure for a minimum of four weeks after the procedure.

What Treatments Pair Well With BBL?

- For glowing, radiant skin, 6 weeks post procedure a **hydrating facial** or **gentle chemical peel** may be performed.
- **Botox** also pairs well to help soften and smooth deeper expression lines.



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