

lachelé

AESTHETICS & WELLNESS

BBL™ (Broad Band Light) Post Treatment Instructions

- A mild sunburn/windburn-like sensation is to be expected. This usually lasts for 24 hours but can persist for up to 5 days.
- **Mild to moderate swelling** may accompany the redness, but will resolve within 2-5 days. You may take Benadryl at bedtime (*if needed*). Sleep elevated with extra pillows the first 2 nights.
- **Applying ice** during the first 24 hours can help minimize swelling and relieve discomfort. Always use a protective barrier between your skin and the cold source to prevent cold injury. Apply ice for 10–15 minutes per hour.
- An oral, non-steroidal anti-inflammatory (*NSAID*), such as ibuprofen (*Advil*), may be taken to reduce discomfort. Use according to the manufacturer's recommendations.
- **Treat skin gently:**
 - **Avoid the use of any exfoliants** including: Retin-A, Tretinoin, Salicylic Acid, Glycolic Acid, or alcohol-based cleansers until your skin returns to normal.
 - Use a mild cleanser such as our **La Chelè Perfecting Oil Cleanser** or **SkinMedica Facial Cleanser**. Be sure to avoid aggressive scrubbing of skin.
 - Avoid washcloths, loofahs, sonic cleansing brushes, etc. for one week post treatment. Skin may be temperature sensitive at this time, so **avoid extreme temperatures when cleansing or showering**.
 - Avoid shaving until skin is back to baseline.
 - **Avoid activities** which will result in excessive sweating **such as intense work outs, saunas, and steam rooms** until the skin is back to baseline.
 - Harsh chemicals found in swimming pools, hot tubs, and Jacuzzis should be avoided.
 - Moisturize and wear SPF daily. Your esthetician/ laser technician will work with you to create a product regimen specifically for you. Please see your esthetician/ laser technician for recommendations.
- **For pigmented lesion treatment (“browns”):**
 - The lesions may initially look raised and/or darker with a reddened perimeter. This is normal.
 - The lesions will gradually turn darker over next 24-48 hours. They may turn dark brown or even black, and appear like coffee grounds on the skin.
 - The raised lesions may progress to scabs and crust. They will start to flake off on their own within 7-14 days. **Do NOT pick, scratch, exfoliate, or remove scabs.** Doing so can cause scarring.
 - The use of self-tanning products and tinted SPF or moisturizers can cause pigmentation to appear darker and may counteract the effects of your treatment. For the most accurate and effective results, **please avoid using self-tanning products throughout your laser treatment series.** Patients with self-tanner on the treatment area cannot be treated.

lachelé

AESTHETICS & WELLNESS

- **For Vascular/ Blood vessel lesion treatment (“reds”):**

- The treated vessels may undergo immediate graying or blanching. This is normal.
- Treated vessels may exhibit a slight purple/red coloring (*purpura/bruising*) with accompanied swelling surrounding the area; this is expected to resolve in a few days. Blood vessels are more difficult to get rid of and usually require multiple treatments.
- There may be erythema (*redness*) and slight edema (*swelling*) around the treated vessels. They are often lighter in appearance and look somewhat smudgy or less defined. Overall, swelling is more common with very vascular patients.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- In the case of crusting of the skin in the treated area, apply an antibiotic ointment twice per 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**. Strictly avoid any sun exposure to the treated area for a **minimum of 2 weeks** after the procedure. The treated area is more prone to sunburn and pigmentation changes. Keep the area covered and use the recommended **Elta MD Sunscreen** sold in our offices. Be sure to reapply SPF every 2 hours. Delayed blistering related to sun exposure has been reported up to 72 hours post treatment.
- If you are in the middle of a series of broad band light treatments, **sun exposure should be avoided between treatments** and a sunblock should be used on a daily basis, all year round.
- Handle the treated area with care. **Be gentle**. Do not scratch or pick at the skin.
- Subsequent treatments are determined by your clinician and are typically scheduled 2–3 weeks apart.
- **If you have melasma, a darker skin type**, or are simply looking to enhance and maintain pigment reduction, we recommend applying our **prescriptive La Chelè Melasma Emulsion** (*hydroquinone*) cream daily, morning and evening, for 2 weeks prior to treatment, and **no longer than 3–6 months post** treatment. After this period, discontinue use for an additional 3–6 months before resuming treatment. During your off months, substitute with **Skin Medica's Even and Correct** line.
- **Results-** We recommend an initial series of 3-5 treatments. Following your series completion, maintenance is recommended 1-2 times per year, depending on your lifestyle. The amount of treatments necessary will vary from patient to patient.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com