

## **Broadband Light Therapy & Nd:YAG 1064nm**

### **Overview**

Broad Band Light (BBL) is the new standard of care for non-invasive skin rejuvenation. It offers a safe and effective treatment for sun damaged skin, small blood vessels, rosacea, diffused redness, and hyperpigmentation caused from acne. The results include eliminating uneven skin tone, diminishing pore size, increasing skin tone, and eliminating vascular irregularities on the skin.

### **Pre-Treatment Guidelines:**

- Avoid tanning, spray tanning, self tanners 4 weeks prior to procedure
- If you have a history of cold sores or the HSV-1 virus, you will need a prescription prior to your appointment for an antiviral medication. Follow the instructions on the bottle as directed by your medical provider
- Wait 6 months post Accutane before procedure
- Discontinue the use of prescriptions that contain Retin-A (tretinoin) 3-5 days prior to procedure
- Avoid treatment if you are pregnant or lactating
- Depending on your skin type, and if we are treating you for sun-damage, it is beneficial to have you pretreat 2-4 weeks prior to treatment with a bleaching cream. You may use the bleaching cream up to the day of treatment as long as it does not have Retin-A
- Your skin will be cleansed and prepped in our office, please notify us if you have makeup tattoos

### **Post Treatment Guidelines:**

- Wear sunscreen with a zinc base and a 30 SPF or higher daily; avoid direct sun exposure
- Avoid direct sun exposure, self tanners and spray tanning 1 week after treatment
- Redness, discomfort, tenderness, dry skin, irritation, itching, and local swelling are the most common adverse effects and generally subside 1-48 hours following treatment procedure
- Your skin might feel like a mild sunburn; ice or use a cool compress as needed
- If swelling occurs, you may sleep at a 45 degree angle; take an OTC antihistamine such as Allegra or Benadryl
- If we are treating you for sun-damage or brown spots, expect the brown spots to appear darker like coffee grounds for 5-7 days after procedure. They may crust or scab and will slough off
- Do not pick, scrub, scratch, or pull the brown spots off of your skin
- Use a mild cleanser and moisturizer advised by your skin care professional
- Avoid hot tubs, saunas, hot showers, and extreme physical activity for 48 hours
- Wait 4 weeks before you have a facial, chemical peel, or another laser treatment

### **Post Care for Leg Veins and Angiomas with the Nd:YAG 1064nm:**

- Angiomas and spider veins may appear purple or gray in color; they may also swell and scab over. Do not pick them
- Treatment of leg veins will present as a "cat scratch" and may appear dark red, purple, or gray
- Healing may take 2-6 weeks and may also need multiple treatments
- Use a cool compress on the treatment site every 10 minutes until you are comfortable
- Use gentle products on your skin post treatment; keep covered with sunscreen if exposed to UV rays
- Do not use any loofahs or harsh exfoliants for 2-4 weeks on the treated area
- Blistering may occur; keep clean and moist with Aquaphor or Vaniply and contact us immediately

