bliss dermatology
Michelle Pennie, MD

<u>Forever Young BBLTM Broad Band Light</u>
Patient Pre and Post Treatment Instructions

Pre-Treatment

- Stop using Retin-A, Renova, Differin and Tretinoin for one week prior to treatment.
- Avoid direct sun exposure to the area being treated for *3-4 weeks* and sunless tanning lotions for *7-10 days* prior to and throughout the course of your BBL treatment.
- It is important your skin remains its natural color without any tanning. If you are tan, your appointment will have to be rescheduled.
- If you get fever blisters or cold sores, please advise the office prior to your appointment. We can prescribe a medication prior to your treatment to prevent an outbreak. We cannot perform the procedure if you have an active outbreak at your scheduled appointment.

Post-Treatment

THE TREATED AREA MUST BE TREATED WITH CARE. BE GENTLE, DO NOT SCRATCH OR PICK AT YOUR SKIN!

- Until sensitivity has completely subsided AVOID the following:
  - Use of scented lotions or soaps, exfoliating creams (Retin-A, Glycolic Acid, Alpha Hydroxy Acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or Cold water-wash with tepid/lukewarm water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine
- A cold compress can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after treatment.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying a cool compress for the first 24 hours will help minimize swelling.

- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers (Tylenol or Advil) may be used.
- Freckles and sunspots may turn slightly darker initially and then flake off within *7-14 days.* This is a desired and normal reaction.
- Notify the clinic with concerns (blistering, excessive redness/swelling, etc.)

Additional Instructions: