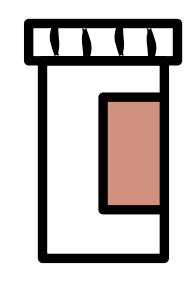


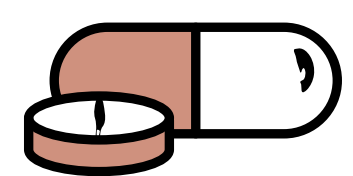
LASERS

## BROADBAND LIGHT (BBL) POST-CARE POLICIES



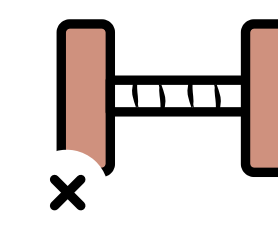
### Medications

Avoid all medications/supplements/foods/alcohol (unless medically necessary) that were listed in the [Pre-Care Policies](#) until swelling and bruising has healed.



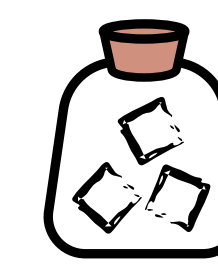
### Pain Relief

If you experience a need for pain relief, please use Tylenol (unless it is contraindicated to a condition you have or medication you are taking).



### Exercise

Avoid exercise until swelling/bruising has healed to prevent increasing circulation and prolonging the healing process.



### Bruising/Swelling

If you experience bruising/swelling, take Arnica until it subsides. Always follow the instructions on the label and do not take it if it is contraindicated with any of your medications/medical conditions (such as high blood pressure).



Broadband Light therapies have a very short recovery time and low risk of complications. However, if the skin appears broken or a blister appears after treatment, please apply antibiotic ointment and contact the office immediately. Keep the affected area moisturized and avoid direct sunlight.

In rare cases, hives have been reported after laser hair reduction treatments. If you experience an irritated, raised rash after hair removal treatment, please contact the office. Benadryl may be taken to help relieve the itchiness, as long as it is not contraindicated with any of your current medications or medical conditions.

If you believe you are experiencing a medical emergency, please contact 911.



**First 24 hours  
after treatment**

- A cold compress or an ice pack 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 or have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling.
- Makeup may be applied immediately after treatment as long as skin integrity has not been compromised.



**For one week  
after treatment**

- 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; i.e. Extra Strength Tylenol or Advil, may be used, so long as they are not contraindicated with any of your medications or medical conditions.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.  
  
In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment
- twice per day to the affected areas. Do not pick these areas, as this may result in infection or scarring.



**For two weeks  
after treatment**

- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- Strictly avoid any sun exposure to the treated area for a minimum of 14 days after the procedure. The treated area is more prone to sunburn and pigmentation changes, which can be permanent. After 14 days, keep the area covered and use a sun block with SPF 30 or above 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 phototherapy treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.



**Until fully  
healed**

- Avoid all of the following:
  - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or cold water - only wash with tepid water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine
  - Activities that cause sweating
  
- If you received BBL treatments for the purpose of hair removal - Do not use any other hair removal methods or products on the treated area during the course of your laser treatments (tweezing, waxing, and depilatories), as it will prevent you from achieving your best results.

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Please read these instructions in full to ensure you are not missing important information. Following post-care will not only reduce the chances of complications and speed healing time, but will also product better results.