

BBL Pre-Treatment Guidelines

You should have no sun exposure of the treated area or a have spray tan for 4 weeks prior to your BBL treatment.

If you have a history of herpes simplex (cold sores) of your face, please inform your dermatologist one week prior to your procedure so we can prescribe an oral anti-viral pill to prevent an outbreak.

BBL is not recommended for patients who are pregnant, have epilepsy, or who have migraines that are triggered by flashing lights. It is also not recommended for patients who take photosensitizing medications or have light sensitive disorders. Patients who have underlying melasma (mask of pregnancy) should take caution as this disorder may be exacerbated.

Please come to your appointment with a clean face and no makeup.

Eat a snack before your appointment.

BBL Post Treatment Guidelines

Skin care: Wash your face twice daily with fingertips and a gentle cleanser such as Cetaphil or CeraVe. Do NOT exfoliate or scrub or pick your skin. Allow the healing process to occur on its own.

Sun Protection: Sunscreen of at least SPF of 30 is mandatory everyday on your skin. You may wear makeup or wear concealer on top of the block. We suggest that you stay in the shade and wear a wide brimmed hat at all times when outside.

Skin irritation or swelling: It is normal to have to minor swelling or a sunburn like sensation for one to two days post treatment. Treat this with gentle cleansers and moisturizers. You may apply Aquaphor daily if needed.

Hyperpigmentation: The BBL will make your sun spots more pronounced and will enhance underlying pigmentation immediately after the procedure. It will take about 14 days for this to improve. In the meantime, do not pick or exfoliate your skin to try and “speed up” the process. You will end up with complications if you do this.

Cold Sores: If you develop an unexpected cold sore please call our office immediately.

BBL™ Broad Band Light Informed Consent, Forever Young™

Introduction

BBL stands for Broad Band Light. This a light based device that is applied to the skin to target signs of aging and sun damage. It removes age spots, freckles, redness, and small vessels. It has also been proven to work at a cellular level to improve overall skin quality and appearance.

Alternative Treatments

There are various technologies other than BBL including lasers and radiofrequency devices that are used in other capacities to improve skin quality. BBL is not a skin tightening device and it does not resurface skin.

Results

Most patients are thrilled with their outcomes; however, with any aesthetic procedure, there is no guarantee that redness or dark spots will completely disappear. In order to achieve desired your outcome, at least 3-5 treatments are recommended and maintenance treatments are required to preserve results. Sun protection is imperative both before and after treatment.

Risks

The possible risks, side effects, and complications of BBL treatment include but are not limited to:

Alteration in pigment either lighter or darker

Patients with darker skin types or those who are recently tanned are at greater risk of developing complications leading to an increase or decrease in pigmentation.

The alteration in pigment is usually temporary or rarely permanent

Burns leading to skin crusting and unlikely scarring

- I have read and understand this document and I authorize my dermatologist at Signature Dermatology, LLC to perform BBL. I acknowledge that no guarantee has been given to anyone as to the results that may be obtained.
- I have read and will follow the pre and post care recommendations given to me.
- I consent to the photographing of the appropriate portion of my body for my medical records and agree to allow these photos to be used within our office for educational/marketing purposes.

