



After Care Instructions

BBL (BroadBand Light)

Typical Recovery: Typically requires minimal downtime, with most patients returning to normal activities immediately or within 24 hours. Initial redness and swelling usually subside in a few hours to a day, while pigmented spots darken and flake off within 5-7 days.

Aftercare Instructions

- Apply SPF30 sunblock on all treated areas that may be exposed to the sun.
- No special skin care is usually necessary. For itching or discomfort apply Hydrocortisone 1% cream over the area as often as desired.
- You may bathe normally.
- Tylenol and cold compresses may also be used if desired.
- Makeup may be used immediately after the treatment.

After treatment DO NOTs

- Do not expose the treated area to sun (or tanning bed) for prolonged periods for 2 weeks after treatment.
- Do not pick at the areas of the skin. Some areas may appear darker and flake within 3-4 days after the treatment.

After treatment expectations:

- Expect some redness and mild swelling following your treatment. This is temporary and usually resolves few hours after treatment.
- Pigmented areas will turn darker and may flake within 3-4 days. Veins may turn darker blue/purple color before they lighten, usually in 5-7 days.
- Understand that the amount of treatments each patient needs varies and we cannot guarantee results. We recommend at least 3 treatments but there is a possibility additional treatments will be required.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.