

Sciton BBL (BroadBand Light) Laser: Pre and Post Treatment Instructions

To ensure the best possible results and minimize any risks or complications, please follow these Pre-Treatment and Post-Treatment guidelines carefully. Should you have any questions, please feel free to contact our office.

Pre-Treatment Instructions

Preparation is key to achieving optimal results. Please follow these instructions prior to your BBL treatment:

- **Sun Exposure:**
 - Avoid direct sun exposure for 2-4 weeks before your treatment. Sunburned or tanned skin may increase the risk of complications and affect the efficacy of your treatment.
 - Use a broad-spectrum sunscreen with a minimum SPF of 30 and reapply frequently, especially if you are outdoors.
 - **Tanning Beds & Self-Tanners:**
 - Avoid tanning beds and self-tanning products for 2-4 weeks prior to your treatment. These can increase your skin's sensitivity and interfere with the laser's effectiveness.
 - **Topical Products:**
 - Discontinue products containing retinoids, exfoliants, or acids (e.g., AHA, BHA) for 3-5 days before your appointment. These ingredients can increase skin sensitivity and may cause irritation when exposed to the laser.
 - **Cold Sores:**
 - If you have a history of cold sores or herpes simplex virus (HSV), please inform us in advance. You may need to take antiviral medication before and after treatment to prevent outbreaks.
 - **Day of Treatment:**
 - Arrive with clean skin. Avoid using makeup, lotions, creams, deodorants, or SPF on the treatment area. This ensures that the treatment can be performed effectively without interference from topical products.
-

Post-Treatment Instructions

To ensure proper healing and maximize the results of your Sciton BBL treatment, please follow these guidelines after your session:

- **Sun Protection:**
 - Sunscreen is essential following your treatment. Always use a broad-spectrum sunscreen with SPF 30 or higher, even if you're not planning to be in the sun. Reapply frequently throughout the day, especially during sun exposure.
 - Avoid direct sun exposure for 14 days post-treatment. The treated area is more prone to sunburn and pigmentation changes, so protecting it from UV rays is crucial to prevent complications such as hyperpigmentation or hypopigmentation.
- **Sun Protective Clothing:**
 - Wear protective clothing such as a wide-brimmed hat or clothing with UV protection if you must go outside. This will help shield the treated areas from further sun exposure.
- **Cleansing:**
 - Cleanse the treated area AM and PM with lukewarm water and a gentle, non-exfoliating cleanser.

- Avoid scrubbing or using any exfoliating products on the treated skin. Gently pat the skin dry using a soft towel.
 - Do not use any skin care brushes, scrubs, or other exfoliants.
 - **Moisturizing:**
 - Apply a non-fragrance, calming moisturizer to keep the skin hydrated and to promote healing.
 - Recommended products:
 - Face: Avene Tolerance Soothing Cream, Alastin Ultra Light Moisturizer, ZO Hydrating Cream
 - Body: Avene Lotion, Vanicream Lotion
 - Moisturizing will help reduce any dryness or flaking that may occur as your skin heals.
 - **Avoid Irritants:**
 - Avoid activities that may irritate the skin during the healing process for approximately 48 hours such as:
 - Strenuous exercise and activities that cause sweating
 - Hot or cold water exposure
 - Swimming pools, spas, or areas with chlorine and chemicals
 - **In the Case of Broken Skin or Blistering:**
 - If you experience broken skin or blistering, please contact our office immediately.
 - Keep the affected area moist and avoid direct sunlight. We will advise on appropriate treatment to help with healing.
 - **Post-Treatment Pigmentation Changes:**
 - It is common to experience temporary pigmentation changes after BBL treatment, such as darkening (hyperpigmentation) or lightening (hypopigmentation).
 - These changes typically resolve on their own within a few weeks. Do not pick or scratch the treated area, as this may lead to scarring.
-

Additional Notes:

- **Healing Time:**
 - Mild redness, swelling, and a sensation of warmth in the treated area are normal and should subside within a few hours to a couple of days. If these symptoms persist or if you experience significant discomfort, please contact our office.
- **Post-Treatment Care Products:**
 - Sunscreen should be applied daily beginning the day of your treatment. Some excellent options include:
 - Face: SkinBetter Science SPF 75, ZO Sunscreen + Primer, ISDIN, EltaMD SPF
 - Body: ISDIN Body Mineral Sunscreen
- **Follow-Up Treatments:**
 - To achieve the best results, multiple BBL treatments may be necessary, depending on your skin type and goals. Treatments are typically spaced 4-6 weeks apart. Your provider will discuss a personalized treatment plan based on your individual needs.

If you have any questions or concerns about your treatment or aftercare, please do not hesitate to contact our office. We are here to assist you in achieving the best results from your Sciton BBL treatment.

Dermatology + Aesthetics Lakeview

3245 N. Halsted St
Chicago, IL 60657
(773) 902-0136
Lakeviewda.com