

# lachelé

A E S T H E T I C S & W E L L N E S S

## BBL™ Broad Band Light Post Treatment Instructions

- NO make-up please.
- Please have no recent sun exposure of at least 2 weeks minimum. Please do not have self-tanner on for a minimum of 2 weeks. Having a tan or an artificial tan can alter your results post treatment.
- Please have your hair tied back if possible.
- Please STOP the following cosmetic products 72 hours before treatment. Retin-A/ Tretinoin / Benzoyl Peroxide / Glycolic Acid / Salicylic Acid or any retinol product.
- If you are prone to cold sores (Herpes Simplex A), please notify one of our providers, as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
- If you have a warmer skin tone, we STRONGLY advise to begin a bi-daily (2x/day) topical application of an over-the-counter steroid (such as hydrocortisone 1%). Begin to apply hydrocortisone to the treatment area 1-2 days prior to the day of treatment and continue bi-daily application 1-2 days post treatment but do not apply longer than 7 days in a row.
- If you have melasma, or are of a darker skin type, please add prescriptive hydroquinone along with vitamin c several weeks before treatment and continue until the completion of your series of BBL.
- To enhance your results and maintain pigmentation lessening, a bi-daily application of our La Chelé private label Hydroquinone for 3-6 months is recommended. Additionally, a vitamin c can be helpful for hyperpigmentation or melasma such as La Chelé CE Ferulic and La Chelé Radiant C Cream.
- This light-based treatment is designed for minimal downtime and fast recovery. It is mild- moderately uncomfortable during the procedure. Ibuprofen can be taken 30 minutes before your procedure if needed. For best result, complete an initial series of 3 treatments and repeat maintenance treatments once or twice per year.

\*When you are on your "off" months away from Hydroquinone, supplement with Skin Medica Even and Correct line.

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- A mild sunburn/windburn-like sensation is to be expected. This usually last 2-24 hours but can persist up to 5 days.
- Mild to moderate swelling may accompany the redness, but resolves within 2-5 days. You may take Benadryl at bedtime (if needed). Sleep elevated with extra pillows the first 2 nights.
- Ice for the first 24 hours will help to minimize swelling it may also provide relief from any discomfort. Please use a barrier between your skin and any cold therapy to avoid cold injury. Apply ice for 10-15 minutes per hour.
  - An oral, non-steroidal anti-inflammatory (NSAID), such as ibuprofen (Advil), may be taken to reduce discomfort. Use according to manufacturer's recommendations.
- Treat skin gently:
  - It is advised that you avoid use of any exfoliants including: Retin-A, salicylic acid, glycolic acid, alcohol-based cleansers until your skin returns to normal
  - It is recommended to use a mild cleanser (Our choice: SkinMedica Facial Cleanser); avoid aggressive scrubbing of skin.
  - Avoid washcloths, loofahs, Clarisonic brush, etc. for one week post treatment.
  - Skin may be temperature sensitive at this time, avoid extremes of temperature when cleansing.
  - Avoid shaving.
  - Avoid activities which will result in excessive sweating such as intense work outs, saunas or steam rooms, hot water on the face while showering.
  - Harsh chemicals found in: swimming pools, hot tubs, Jacuzzis should be avoided.
- Moisturize daily. (Recommended- Elta MD Laser Enzyme Gel. Keep cooled in refrigerator – followed by Elta MD Sunscreen.)
- For pigmented lesion treatment ("browns"):
  - The lesions may initially look raised and/or darker with reddened perimeter, this is normal.
  - The lesions will gradually turn darker over next 24-48 hours. They may turn dark brown or even black and appear "coffee ground" like.
  - The raised lesions may progress to scabs/crusting and will start to flake off 7-14 days. Do NOT pick, scratch or remove scabs.

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AESTHETICS & WELLNESS

- For Vascular/ Blood vessel lesion treatment (“reds”):
  - The treated vessels may undergo immediate graying or blanching.
  - Treated vessels may exhibit a slight purple/red coloring (purpura/bruising) with accompanied swelling surrounding; this is expected to resolve in a few days.
  - Blood vessels are more difficult to get rid of and usually require more than one treatment.
- 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.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 - 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, 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.
- The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.

\*\*Subsequent treatments are based upon your clinician’s recommendation and are typically 2-4 weeks apart\*\*

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza’s cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)