Wichita Dermatology & Aesthetics
1911 N. Webb Rd
Wichita, KS 67206
(316) 682-7546

# Sciton BroadBand Light (BBL) Instructions

**Pre-BBL Instructions:**

- Avoid direct sun exposure at least 4-6 weeks prior to procedure.
- Avoid sunless tanning products at least 2 weeks prior to procedure.
- Discontinue the use of retinol and other exfoliants (ex. glycolic acid, lactic acid, salicylic acid) 3-5 days prior to procedure.

**Post-BBL Care Instructions:**

- Use a gentle cleanser, moisturizer, and sunscreen. Do not scrub, use a washcloth, or use hot water when cleansing. Do not apply moisturizer right after treatment as it can lock in heat from the treatment.
- It is crucial to use **strict, consistent sun protection** throughout treatment for optimal results and decrease risk for adverse events. Avoid direct sunlight for at least one week. Use broad-spectrum sun protection with at least SPF 30 and protective clothing. Apply sunscreen in the morning and every 2 hours if needed.
- If any redness or discoloration occurs after your treatment, it can easily be covered with makeup and most activities can be resumed right away.
- Avoid vigorous exercise for the rest of the day after treatment.
- Avoid the use of retinol and other exfoliants for 7-10 days or until skin is fully healed after the procedure.
- Wait at least 1 week or until fully healed before having any other aesthetic treatments like facials, Botox, filler, and laser treatments.

**What is the downtime?**

- Redness and a sunburn-like sensation is normal right after treatment. Cool compresses like an ice pack for 10 minutes at a time may relieve temporary discomfort if needed. Anti-inflammatory medication like ibuprofen may be taken as directed for discomfort if needed. Skin may be red and swollen 2-5 days after treatment. Sleeping with your head slightly elevated can help reduce swelling.
- Brown pigmented spots may look darker and more pronounced after treatment. In 2-3 days, pigment will darken and start to lift/flake off which can last about 7-10 days. Allow pigment to flake off at its own pace to avoid any unpredictable responses/results. Do not pick or pull the skin. During this “peppering” process, only use a gentle cleanser, moisturizer, and sunscreen.

***Contact provider immediately if you experience any blistering burns***

**Please call 316-682-7546 if you have any questions regarding your BBL treatment.**