BBL Photofacial *Aftercare*

Caring for your skin after broadband light treatment

BBL uses gentle light to target brown spots, redness and sun damage. There is very little downtime, and most clients return to work and normal activities right away.

What to *expect*

When	What is normal
First few hours	Mild redness, like a light sunburn, that usually settles within a few hours.
Days 1 to 7	Brown spots may darken and look like coffee grounds before they fade and flake away. Do not pick or scrub.
Up to 2 weeks	Body areas such as arms, legs and chest can take longer to clear than the face.
After your series	Tone keeps evening out. Most clients start with 3 sessions.

Until your skin has healed (about 1 *week)*

Please do	Please avoid
• Cleanse twice a day with lukewarm water and a gentle cleanser, using your fingertips.	• Direct sun for 14 days, including beach trips, sunbathing and outdoor sports. Wear a wide-brimmed hat.
• Moisturize generously with clean hands whenever skin feels dry.	• Rubbing, scrubbing, exfoliating soaps or cleansing brushes.
• Apply broad-spectrum SPF 30 or higher every day, starting the day of treatment, and reapply in the sun.	• Strenuous exercise and heavy sweating until healed.
• Use a cool compress or wrapped ice pack if skin feels warm in the first 12 hours. Aloe vera may soothe.	• Shaving the treated area, very hot or very cold water.
• Makeup is okay right away if your skin is intact.	• Chlorinated pools, hot tubs and spas while healing.
	• Picking at darkened spots or flakes.

For lasting *results*

- **Sunscreen every day.** Sun exposure can bring pigment back and increases the risk of blistering or color changes.
- **Complete your series.** Your provider will recommend spacing between sessions.
- Pause retinol, acids and exfoliants until your skin has fully healed, about 5 to 7 days, unless your provider says otherwise.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- **Blistering, crusting or broken skin.** Keep the area moist and out of the sun until you speak with us.
- Redness, swelling or pain that gets worse instead of better
- New white or very dark patches
- **Signs of infection:** pus, spreading warmth or fever

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.