

BBL (BroadBand Light) Forever Clear – Acne

BBL (BroadBand Light) for the use in Acne Treatment utilizes light to destroy or minimize P. acnes bacteria, reduce inflammation, and minimize over production of sebaceous oil glands. Multiple consecutive sessions will be needed to reduce acne and the severity of lesions. Approximately, a 40-80% reduction in the number of lesions and the prevention of new lesion formation is the expectation from the treatment course. Light from BBL is an intense burst of light and even though the special safety eyewear is in place, you will sense light emanating from the treatment area.

- Some patients experience an immediate clearing of their acne, while others have an initial flare-up of acne in the first and second session (which usually subsides with each session). If some of the blemishes form scabs, do not pick, scratch, or remove.
- Mild post procedure redness, warmth and a sunburned sensation are very common and expected responses. The discomfort and redness generally last a couple hours to a few days after the procedure. A blister can form up to 48 hours after treatment. An antibiotic cream or ointment can be used.
- Cool compresses with a damp, soft cloth may help relieve the temporary discomfort. Ibuprofen, Aleve, or Tylenol can be taken as directed for pain. This is typically only needed within the first 12 – 24 hours after the treatment.
- The treated area should be cared for delicately. Until sensitivity has subsided (about 1-2 weeks), avoid the following:
 - Heavily scented lotions/soaps, exfoliant creams (Retin-A, Glycolic, alpha-hydroxy acids), acne creams
 - Loofa sponges, shaving, and aggressive scrubbing
 - Swimming pools and spas with multiple chemicals/chlorine
 - Exposure to the sun or tanning in the treatment areas
- Makeup may be applied immediately after treatment if skin integrity has not been compromised. A simple, healing moisturizer (Skin Better Science Trio, Cerave, etc) is recommended during the first 1-2 weeks. If you experience dry patches or blistering, apply ointment to the affected area. Do not pick at these areas.
- Rare side effects include scarring and permanent discoloration. Hyperpigmentation (browning) and hypopigmentation (lightening) usually resolve within 2-6 months. Although rare, herpes simplex virus infections around the mouth can occur, with or without a known history of cold sores. Should any kind of infection occur, please contact your clinician immediately to prescribe appropriate medicine.
- Avoid any sun exposure to the treated area and wear SPF (preferably with Zinc Oxide) for a minimum of 7-14 days before and after the treatment. The treated area is more prone to sunburn and pigmentation change. A commitment of strict sun protection is necessary for maintenance of results between or after a treatment series.

If you have any questions or experience possible signs of infection or extreme discomfort, please contact:

**Dr. Burke's Clinical Team
(804) 484-3700 EXT 7012**

Photos → facialplastics@virginiaent.com



DR. ALAN BURKE
Facial Plastic &
Reconstructive Surgery