

Phototherapy – BBL BroadBand Light

The Sciton BBL is intended for benign vascular and pigmented lesions, and/or permanent hair reduction and clinical results may vary in different skin types. Most conditions need a series of BBL treatments to reach the desired improvement, from 1-6 or more. Some lesions lighten/improve, but do not completely disappear. Research and experience show people who tend to sunburn rather than tan, usually obtain good results on the first and subsequent visits. Those who tan more easily may have more variation in their results (partial or no improvement at all). After an initial treatment series, periodic maintenance treatments are recommended. Although BBL is effective in most cases, no guarantees can be made about the treatment outcomes.

- Brown patches or spots will look darker and more pronounced immediately following BBL treatments. In 2-3 days, these brown areas become even darker and may feel scaly, like coffee grounds on your skin. Within 1-2 weeks, these dark, scaly areas fall off and leave new, healthy skin behind. **NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB THESE BROWN SPOTS—LET THEM COME OFF ON THEIR OWN!**
- 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