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Post-Operative Laser Care Instructions Sciton® Profile™ BBL™ Pigment Reduction Treatments

1. Intense burning, redness, warmth, and a sunburned sensation are normal responses following BBL™ treatments. The discomfort and redness generally last 2-4 hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for pain.
2. 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 frequently 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!**
3. Twice daily use of a bland moisturizer such as Cerve, Cetaphil, Neutrogena, Purpose, Aveeno, etc. is recommended during the first week to keep the skin lubricated.
4. Avoid use of topical skin care products containing Retin-A, retinol, glycolic acid, or salicylic acid for 1 week.
5. Makeup can be used if there is no blistering. Caution should be used when applying and removing make-up. The treated area may be delicate and should be treated with care.
6. If the skin is broken or blisters appear, apply an antibiotic ointment and notify our office. The area should be kept lubricated with Vaseline petroleum jelly or Aquaphor to prevent crusting or scabbing of tissue.
7. Some patients will wake up with facial swelling, particularly around the eyes for several days following the treatment. This is normal and usually resolves within 3-5 days.
8. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT.** A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as severe blistering and permanent skin discoloration.
9. Please contact us immediately if you develop a cold sore. For patients who have a history of frequent cold sores, or in patients that develop one after a BBL™ treatment, you need to take an anti-viral medication such as Valtrex or Famvir.
10. If you have any questions or concerns, please contact us at 586-7873 Monday-Friday 8am-5pm. If you have emergent questions that arise after normal business hours you may contact Dr. Mann through the Bozeman Deaconess Hospital operator at 585-5000.

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