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## Pre & Post-Operative BBL Instructions

### Instructions Prior to BBL for Pigment

1. **ABSOLUTELY** avoid any type of sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.**
2. Do not use any self-tanning lotions in the month prior to treatment.
3. Stop using Retin-A, Renova, Differin, for one week prior to treatment.
4. Please inform us if you have any history of “herpes”, “cold sores”, or “fever blisters”. In such instances, we recommend taking Valtrex 500mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment. Like sunlight, laser light may cause a cold sore or fever blister leading to more serious complications.
5. You need to apply topical anesthetic cream to the area to be treated 1 hour before the appointment time. This may be done either in the comfort of your home or in our office.

### Instructions Following BBL for Pigment

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 CeraVe, 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 makeup. 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. For patients who have a history of frequent cold sores, you should be taking an anti-viral medication such as Valtrex or Famvir for 5 days starting on the day before your treatment.
10. Please go to Realself.com and evaluate both your procedure Broad Band Light (BBL) or Intense Pulse Light (IPL) and our office (under Dr. Teresa Mann). This is a website where real people find, share and discuss their experience with cosmetic procedures.

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