

**Dermatology Associates Medical Group
Laser Center
465 N. Roxbury Drive, Suite 801
Beverly Hills, CA 90210
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BBL BROADBAND LIGHT POST-TREATMENT INSTRUCTIONS

- **Sunscreen** with SPF 50 or higher must be applied every 2-3hrs/day for 2 weeks following treatment (for safety). Sunscreen application is recommended throughout the course of your treatments for best efficacy and to maintain results.
- **A mild cleanser** should be used for the next 3 days.
- **Avoid** harsh rubbing to treated areas.
- **If swelling occurs**, apply ice packs and sleep with your head slightly elevated. Swelling may last from several hours to several days.
- **Topical** Triamcinolone cream 0.1% (cortisone) may be applied 3x/day for up to 3 days to decrease inflammation.
- **If bruising occurs**, take arnica to facilitate recovery.
- **Avoid** use of potentially irritating products such as retinol, glycolic acid, bleaching cream and scrubs or exfoliants for 1 week pre/post treatment.
- **Avoid** excessive exercise for up to 3 days after treatment.
- **Avoid** hot showers and baths for up to 3 days after treatment. Wash treated areas with lukewarm/cool water.
- **Freckles and sunspots** will turn darker and will fade in approximately 7-14 days, longer for body areas (3-4 weeks).
- **Makeup may be used** after treatment unless there is irritation.
- The treated area must be handled with care. **BE GENTLE!** Do not scratch or pick your skin.

*Please call the Laser Center with any questions you may have,
(310)274-9954 x227*