



# FOREVER YOUNG BBL TREATMENTS **BBL HERO BY SCITON**

### **BBL IS NOT A-ONE-AND-DONE TREATMENT**

BBL is NOT a one-and-done treatment. For real results, you need to start with a package of 3 BBL treatments and maintain your results by getting BBL at least 2 times per year.

Occasionally, there are people who are lucky enough to see beautiful results after only one BBL treatment, but we don't promise this. BBL can effectively treat these concerns with multiple treatments.

- Vascular Lesions (e.g., small blood vessels)
- Rosacea, discolored acne scarring
- Pigmented Lesions (e.g., freckles, age spots)

The reason one BBL treatment is never enough is that over time our skin accumulates pigment from the sun, hormones, environmental factors, scarring etc. so it takes a few sessions to address the layers of accumulated pigment.

Since you will continue to expose your skin to these hazards after your BroadBand Light skin treatment, you cannot avoid picking up new pigment. Therefore, you will need get BBL treatments every year if you want to maintain your results.

#### SPF IS KEY TO GREAT BBL RESULTS

Using a zinc / titanium SPF every day is essential to your skincare regimen, otherwise the benefits to having the BBL will not last. BroadBand Light targets pigment and unless you are protecting your skin from the worst offender (the sun), there is no point in getting BBL. It's a misconception that you can't get BBL in the summertime. However, if you actively tan your skin, it is NOT recommended to have BBL. With BBL HERO, we treat patients with BBL all year long, but in the summer it is especially important to be diligent about applying sunscreen, wearing hats and avoiding excess sun exposure.

#### DOWNTIME IS DIFFERENT FOR EVERYONE

If you have a lot of redness and/or sun damage, you will see a lot of pigment come to the surface after your first treatment. As the pigment leaves your skin, it usually looks like coffee grounds on your face and this lasts approximately 2 weeks for the face and 2-3 weeks in other areas post treatment.

There aren't any restrictions on makeup use after treatment, but depending on how much your skin reacts to the BBL, it might be difficult to cover for events less than 2 weeks after your treatment. Please do not use Retinols or have any facial waxing for 2 weeks after the treatment.

Some people will experience mild-moderate swelling if treatment is on the face. This swelling can last 5-7 days. Sleeping elevated and using the ice packs provided for 72 hours can help with swelling but may not alleviate all swelling.

The key point after treatment is to cool the skin and do not let the skin be re-heated. "Listen to your skin"...if you are cooking, grilling, taking a hot shower, etc. and the feels warm, remove yourself from that situation and cool the skin by using your ice packs. Refrain from hot tubs, hot yoga, etc. for 2 weeks since your skin can be more sun and heat sensitive in the first 2 weeks post treatment.

## **BBL IS NOT ENTIRELY PAIN-FREE**

While BBL's discomfort is less than most laser treatments. we don't tell patients that it is pain-free. The sensation is best described with a bright flash of light rubber band being snapped against your skin.