

BBL Photofacial

Post-Treatment Care Instructions



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There is little to no recovery time and a low risk of complications with BBL Photofacial treatments. Multiple sessions may be performed every 4 weeks until the desired result has been achieved.

If brown spots are the target for correction, the “coffee ground” or scab-like effect left behind will peel or slough off within 7-14 days.

If redness is the target, small capillaries and surface vessels should be immediately eliminated. Blood vessels in the deeper layers of the skin are damaged or shut down, and the body should absorb the destroyed vessel remnants over the following days/weeks.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all the following:
 - Use of scented lotions or soaps, exfoliating topical products (Retin-A, glycolic, salicylic, and alpha- hydroxy acids), acne creams or gels, loofa sponges and/or aggressive scrubbing
 - Hot or cold water - wash with tepid water
 - Shaving
 - Swimming pools and spas with chemicals/chlorine
 - Activities that cause excessive perspiration/sweating
- A cold compress or ice pack may be used to provide comfort, if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction and can last from a few hours to days after treatment. Use of an ice pack during the first 24 hours will help minimize swelling.
- Post-treatment discomfort is typically minimal, but if the area is very uncomfortable oral pain relievers (i.e. Extra Strength Tylenol) may be used.
- Pigmentation may be lifted in the skin appearing like “coffee grounds”, and freckles and sunspots may turn darker initially. This is a desired and normal reaction and will flake off in 7-14 days.
- There may be erythema (redness) and slight edema (swelling) around treated vessels. They often appear lighter and look somewhat smudgy or less defined.
- Makeup may be applied 24 hours after treatment, if skin integrity has not been compromised.
- If the skin is broken or a blister appears, contact the office immediately. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid sun exposure to the treated area for 7-14 days post-procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use sun block with SPF 30+, reapplying every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post-treatment.

Subsequent BBL treatments are based upon your clinician’s recommendation and are typically 4 weeks apart.