

BBL (BroadBand Light)

POST-TREATMENT CARE PROTOCOL

IMMEDIATE CARE (DAY 1)

The "Sunburn" Sensation

The skin will feel hot, red, and flushed, resembling a mild to moderate sunburn. This typically peaks 1–2 hours post-treatment. Cool compresses or ice packs wrapped in a clean cloth can be applied for 10–15 minutes every hour to soothe the skin.

Avoid Heat

Do not take hot showers, enter saunas, or engage in intense, sweat-inducing workouts for the first 24–48 hours, as excessive heat can worsen inflammation and increase the risk of hyperpigmentation.

DAYS 2–7 (THE "COFFEE GROUND" PHASE)

MENDS (Micro-Epidermal Necrotic Debris)

Pigmented spots will begin to darken and rise to the surface, looking like tiny dark specks or coffee grounds. **Do not pick, scratch, scrub, or use a clarisonic brush to remove these spots.** They must slough off naturally (typically 3–5 days for the face, up to 2 weeks for the body). Forcing them off can cause scarring.

Gentle Routine

Use a mild cleanser and a bland, hydrating moisturizer twice daily.

Active Ingredients

Discontinue all retinoids, AHAs/BHAs, vitamin C serums, and manual exfoliants until the skin is entirely healed and smooth.

Sun Protection

Strict UV avoidance is mandatory. Apply mineral SPF 30+ every 2 hours if outdoors, and wear protective clothing/hats.