

POST-PROCEDURE RECOVERY GUIDE: BROADBAND LIGHT (BBL)

What to Expect After Your Treatment

Following your BroadBand Light treatment, you may experience redness, warmth, mild swelling, and a sensation similar to a sunburn. These effects are normal and typically resolve within several hours to a few days depending on treatment intensity.

Pigmented spots may temporarily darken or develop a “coffee ground” appearance before naturally flaking away over the next 7–14 days. This is an expected part of the healing process.

Post-Treatment Instructions

For the First 24 Hours

- Apply cool compresses as needed for comfort
- Keep skin clean and moisturized
- Avoid hot showers, saunas, steam rooms, and hot tubs
- Avoid strenuous exercise or activities that produce excessive sweating
- Do not scratch, rub, or pick at treated areas

For the First 48–72 Hours

- Use only gentle skincare products
- Avoid exfoliants, retinoids, glycolic acids, salicylic acids, and harsh active ingredients
- Avoid waxing or aggressive treatments on the treated area
- Continue using gentle cleansers and hydrating moisturizers

Sun Protection Is Critical

- Avoid direct sun exposure for at least 2 weeks
- Wear broad-spectrum SPF 30+ daily
- Reapply sunscreen every 2 hours when outdoors
- Wear hats and protective clothing when possible

Common Side Effects

Temporary side effects may include:

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- Redness
- Mild swelling
- Warmth or sensitivity
- Darkening of pigment
- Dryness or flaking

These effects are temporary and part of the normal healing response.

Important Healing Instructions

- Do NOT pick or exfoliate darkened pigment
- Allow treated spots to shed naturally
- Keep skin hydrated throughout healing
- Makeup may typically be applied after 24 hours if skin is intact and comfortable

Please contact our office if you experience:

- Blistering
- Excessive swelling
- Signs of infection
- Severe discomfort
- Persistent redness lasting longer than expected
- Any symptoms that concern you

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