



Sciton BBL (Broadband Light) Treatment Pre-Care & Post-Care Instructions for Men and Women

Sciton BBL Treatment Summary

BBL is the most advanced form of IPL (intense pulsed light), able to treat and improve a broad range of skin conditions, including sun damage, acne, rosacea, pigmentation, fine lines and wrinkles.

We hope these pre and post treatment care instructions are helpful and relevant, however please feel free to contact us if you have any further questions.

What Happens During A Broadband Light Therapy Session?

Dr Minasian uses the BBL handpiece to deliver multiple wavelengths of light energy to the upper layers of your skin. As the treatment involves bright light, your eyes will be closed and covered with protective eyewear.

BBL is not painful but you will feel warmth and heat from the light, and at times a mild snapping sensation. Depending on your concern a facial treatment typically lasts 40 to 45 minutes, and larger areas may take longer.

How Many Broadband Light Therapy Treatments Do I Need?

Dr Minasian customises every treatment to the individual, taking into account multiple factors and will advise you of your ideal treatment plan. In addition your individual response to the first treatment also influences how many sessions are likely to be required and/or their frequency.

How Long Does It Take To Heal After A Broadband Light Therapy Session?

Typically there is little or no downtime, and you can return to your normal activities the same day. Your skin may be slightly red for a few hours after treatment. You may also notice darkening of your pigment spots, followed by fading and sometimes shedding with your normal skin cell turnover in the week following your treatment.

How Long Do Broadband Light Therapy Results Last?

This is variable and depends on both intrinsic (genetic) and extrinsic factors (e.g. lifestyle). However best results are maintained with a good skincare routine including daily SPF, supported by a good foundation of diet and lifestyle choices. Generally 2-3 treatments per year, after your initial treatment course, really help to maintain the best results.

Is Broadband Light Therapy Safe?

Yes, in the right hands. Before treatment you will undergo a thorough evaluation to ensure that broadband light therapy is safe and appropriate for you. If you have a naturally dark skin tone (Fitzpatrick skin type VI), are pregnant, suffer with an auto-immune or photo-sensitising condition or are taking certain medications, BBL may not be safe for you.

What To Do Before Your Treatment?

- ✓ Avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports outdoors for 1 week prior to treatment.
- ✓ Refrain from using self-tanning products and lotions that contain gradual tanners 2 weeks prior to treatment.
- ✓ If you have a history of cold sores you may need to take anti-viral medication (Zovirax) starting 1 day before treatment and continue as directed by Dr Minasian.
- ✓ Inform Dr Minasian if any physician has ordered a prescription retinoid (such as Roaccutane) for you in the last 6 months.
- ✓ Inform Dr Minasian about any medical conditions or medications you are taking that might sensitise you to light.
- ✓ Inform Dr Minasian if you are awaiting the results of a skin cancer screening, have skin cancer, or have been diagnosed in the past.
- ✓ Inform Dr Minasian if you have a history of melasma on the face.
- ✓ Ideally arrive at the clinic with the treatment area clean and free of makeup, lotions, creams, or products.

What To Expect During Your Treatment?

- ✓ Dr Minasian will make sure you are comfortable in a recumbent/flat position, with a headband to keep your hair off your face.
- ✓ Dr Minasian will clean your skin and apply a cool coupling gel to your skin before using the specialised handpiece to deliver the light therapy.
- ✓ Your eyes will be protected with specialised eyewear.
- ✓ You may briefly feel a warm or rubber band snap sensation as the light is absorbed.
- ✓ Dr Minasian will explain and guide you through the various stages of the treatment ensuring you are comfortable throughout.
- ✓ When the treatment is finished Dr Minasian will clean your skin again and apply a soothing post-procedure balm and an SPF cream.

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What To Do After Your Treatment?

- ✓ It is ESSENTIAL that you avoid any heat-inducing activities such as exercise/ sauna/ steam/ hot bath for at least 24 hours following treatment.
- ✓ It is ESSENTIAL to continue using a daily sunscreen of at least SPF30 directly after treatment, whether you are inside/outside, and continue for a minimum of 7 days.
- ✓ Your normal skincare routine can be continued from the evening of the day of treatment, but avoid harsher actives such as acid toners, retinol or Vitamin C for the next 48-72 hours in case your skin is more sensitive.
- ✓ You may experience some redness and/or mild swelling in the treatment area that typically resolves within a few hours but may continue for 12-72 hours post treatment.
- ✓ If the skin becomes uncomfortably red or swollen (sunburn sensation), cold compresses, a cooling spray, aloe vera and/or a rich hydrating cream, will provide comfort.
- ✓ You may notice darkening of your pigment spots, followed by fading and shedding with your normal skin cell turnover.
- ✓ In the vast majority of treatments there is little downtime after BBL. You should be able to apply makeup, return to work, and resume most of your normal activities immediately.

If you have any other questions or concerns following your treatment please do not hesitate to contact us via email: hi@mwcliniclondon.com or via WhatsApp on: +44 (0) 800 772 0300

Thank you for choosing The MW Clinic London for your care!