

THE STERN CENTER FOR AESTHETICS

Broadband Light Therapy (BBL HERO)

BBL HERO is the *next generation* of phototherapy. HERO stands for High Energy Rapid Output. This non-invasive procedure offers a safe and effective treatment for hyperpigmentation caused by the sun, small blood vessels on the face, cherry angiomas, rosacea, acne, and collagen stimulation. The results include brighter even-toned, smoother, and more youthful looking skin anywhere on the body.

In addition to the Broad Band Light wavelengths which span from 515nm to 640nm, BBL also allows us to use 590nm-800nm Infrared for skin tightening on the body. This part of the treatment is called SkynTyte.

Pre-Treatment Guidelines:

- Avoid **active** tanning, spray tanning, self-tanners 3-4 weeks prior to procedure
- If you are lightly kissed by the sun, treatment can be OK at the discretion of your provider
- If you have a history of the HSV-1 virus and have active cold sores, you will need a prescription prior to your appointment for an antiviral medication. Follow the instructions on the bottle as directed by your medical provider
- Wait 3-6 months post Accutane at the discretion of your provider before treatment
- Avoid treatment if you are pregnant or lactating
- Discontinue the use of prescriptions that contain Retin-A (tretinoin) 3-5 days prior to procedure
- Depending on your skin type, and if we are treating you for sun-damage, it is beneficial to have you pretreat 2-4 weeks prior to treatment with a 4% Hydroquinone

Post Treatment Guidelines:

- Wear sunscreen with a zinc base and a 30 SPF or higher daily
- Avoid **active** tanning, self-tanners and spray tanning 1 week post procedure
- Redness, discomfort, tenderness, dry skin, irritation, itching, and local swelling are the most common adverse effects and generally subside 1-48 hours following treatment
- Your skin might feel mildly warm post procedure; use a cool compress as needed
- If swelling occurs, you may sleep at a 45-degree angle; take an OTC antihistamine such as Allegra or Benadryl
- If we are treating you for sun-damage or brown spots, expect the brown spots to appear darker like coffee grounds for 5-7 days post procedure
- Do not pick, scrub, scratch, or rub your skin; keep skin hydrated and it will heal appropriately
- Use a mild cleanser and moisturizer recommended by your skin care professional
- Avoid lakes, hot tubs, saunas, hot showers, and extreme physical activity for 48 hours
- Avoid waxing, threading or sugaring for 7 days post procedure
- Do not use any loofahs or harsh exfoliants for 2-4 weeks on the treated area