



## FOREVER YOUNG BBL

### IDEAL CANDIDATES

Are looking for a non-invasive approach to reduce

- Inflammatory **acne**
- Flushing and redness of **rosacea**
- **Photodamage**, sunspots, fine lines, and wrinkles
- Unwanted **hair**

### HOW DOES IT WORK

**Forever Young BBL** is an innovative, gentle, non-invasive, non-ablative treatment that pulses broad-spectrum light over selected areas.

Unlike laser treatments, which have just one specific wavelength emitted from the diode depending on what we are targeting, Forever Young BBL has multiple wavelengths (all between 500 and 1,200 nanometers) that scatter within your skin.

After selecting the most suitable wavelength or filter for your skin, the broadband light gently heats the top layers of your skin. Naturally absorbing the heat, skin cells will be revived and begin to produce new collagen.

**Forever Young BBL** is the only device that has been shown to change the expression of genes associated with aging, longevity, and increased lifespan. With regular Forever Young BBL treatments, your skin will look clearer, smoother, and much younger.

**Forever Young BBL** is used most commonly to treat areas with a higher exposure to sun. However, Forever Young BBL can treat **face, neck, chest, back, and hands**.

This is a lunchtime, in-and-out procedure with no downtime. Each treatment is customized to meet your personal goals. Your eyes will be shielded from the broadband light with protective goggles.

## **ANESTHESIA**

Local anesthetic

## **WHO?**

Dr. Esche

## **LENGTH OF PROCEDURE**

Depending on the treated areas, Forever Young BBL procedures can take anywhere from 15 minutes to an hour.

## **INVASIVENESS**

Very low

## **RECOVERY TIME**

24 to 48 hours

## **PREPARATION**

Please stop using **topical retinoids** (retinol, adapalene (Differin), tretinoin (Retin-A), tazarotene (Tazorac) on your face 1 month prior to the initial BBL treatment.

Please avoid **chemical peels, facials, waxing, and laser hair removal** for 2 weeks prior to treatment.

Please avoid unprotected natural and artificial **sun exposure** of the area to be treated for 1 month.

Please use a broad-spectrum **sunscreen** with an SPF of 30 or higher for 1 month

## CONTRAINDICATIONS

Recent sunburn or tan  
Unprotected sun exposure, tanning bed or solarium use 1 month prior to Sciton BBL  
Dark skin  
Hypopigmentation (e.g. vitiligo)  
Pregnancy / Breastfeeding  
Cancer  
Lupus  
History of seizures  
History of keloid scarring  
Active inflammatory acne or severe dermatitis (within the treatment area)  
Herpes simplex outbreak (within the treatment area)  
Active infections  
Accutane use in the last 6 months  
Topical retinoids (retinol, tretinoin, tazarotene) or alpha-hydroxy acids used within 1 month of BBL treatment  
Photosensitizing medications  
Blood-thinning agents (aspirin, ibuprofen, or Aleve used within 1 week of BBL treatment)  
Pacemaker  
Surgical metal pins or plates under the skin of the treatment area

## AFTER CARE INSTRUCTIONS

Please apply **ice compresses** as needed for swelling and discomfort  
Please do not take anti-inflammatory drugs or steroids  
Avoid unprotected natural and artificial **sun exposure** of the area in between treatments.  
Avoid heavy aerobic activity and hot baths for 48 hours  
Avoid **topical retinoids** for 1 week after treatment  
Avoid exfoliating **scrubs**, cloths or brushes and **shaving** the treated area for 1 week  
Please **sleep with your head elevated** the first few nights to help reduce swelling  
If crusting, oozing, or raw areas develop, please notify us immediately at [hello@beautifulskin.institute](mailto:hello@beautifulskin.institute)

## **RISKS & SIDE EFFECTS**

Redness, tenderness and swelling for up to 1 week

Bruising in up to 10% of clients (more likely with blood thinners)

Blisters & burns (rare)

Unwanted changes in pigmentation (white or dark patches), more likely to occur in dark-skinned or tanned individuals

Scabbing (common with brown spots)

## **OUTCOMES**

Wrinkles and blemishes typically improve in over 80% of patients after five treatments. Depending on your skin type and condition, you may require more treatments to achieve the results that you are seeking.

## **INVESTMENT**

Your investment varies depending on individual goals, targeted areas, and number of treatments.

## **PROTECTING YOUR INVESTMENT**

Studies have shown that having three treatments per year actually slows down the aging process of the skin.

## **ADDITIONAL PROCEDURES**

Fractora, injectables

## **WOULD YOU LIKE TO LEARN MORE ABOUT FOREVER YOUNG BBL?**

If you are interested in learning more about **Forever Young BBL**, or want to see how treatments can help your skin issues, please contact us at [hello@beautifulskin.institute](mailto:hello@beautifulskin.institute)

171 Elden Street, Suite 3B, Herndon, Virginia 20170

t. (703) 707-6339 f. (571) 485-7733 [hello@beautifulskin.institute](mailto:hello@beautifulskin.institute) [www.beautifulskin.institute](http://www.beautifulskin.institute)