



a DOCS affiliate

BBL PRE & POST TREATMENT INSTRUCTIONS

PRE-TREATMENT

- Four weeks prior to treatment stop prolonged sun exposure, artificial tanning, or the use of self-tanners.
- Wait at least 2 weeks after receiving injectable treatments in the treatment area
- One week prior to the treatment stop the use of retinol, hydroquinone, certain antibiotics or steroids.
- If you have a history of cold sores, we can prescribe a prophylactic treatment to help prevent an outbreak.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

POST TREATMENT

- Immediately after the treatment you may experience the following:
Redness, swelling and mild sunburn sensation. This is a normal reaction that can last from a few hours to days after the treatment. Applying an ice pack or cool compress for the first 24 hours will help to minimize the swelling.
- Pigmentation, redness, or vessels will get darker initially then will lighten with the next few weeks. This is all normal after a BBL treatment and will resolve.
- Do not take a hot shower, use a hot sauna, or participate in vigorous exercise for 12-24 hours.
- Use a mild cleanser and moisturizer in the treatment area for the next 5 days. Samples will be given to you to take home for this purpose.
- Apply sunscreen daily. If in direct sun, every 2 hours.
- Avoid prolonged sun exposure and spray tanning for 2 weeks.
- Mineral make-up is best after a procedure like this, we offer samples if you don't have any.

If you have any questions or concerns, please call our office at 586-286-0997