



BBL Treatment

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

- Use sunscreen and physical sun protection.
 - Avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports outdoors for
 - Inform your BBL clinician if any physician has ordered Accutane for you in the last 6 months.
 - Do not receive chemical peels, microneedling, or other laser treatments in the area
 - Stop using active skincare ingredients, including: Retinol / Retinoids (Retin-A, Tretinoin, Adapalene), AHAs & BHAs (glycolic acid, lactic acid, salicylic acid), Benzoyl peroxide, Exfoliating scrubs 5-7 days prior to your procedure
 - Inform your doctor of any medical conditions or medications you are taking that might sensitize you to light, affect wound healing or affect coagulation.
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POST- TREATMENT CARE:

- You may experience some redness in the treatment area that should resolve within a few hours.
- You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- Follow your clinician's aftercare plan until skin is completely healed – typically one week after the treatment. The skin on your body might take longer to heal, compared to your face.

CLEANSING: Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser. Use your hands and fingertips to cleanse using gentle patting motions. **DO NOT** rub, scrub, use an exfoliant soap or skin care brush, e.g. Clarisonic in the treated area.

MOISTURIZER: Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry.

SUNSCREEN: Sunscreen is a **MUST** and should be used daily beginning the day of treatment and used consistently. Use sunscreen with Broadband UVA and UVB protection and a SPF of at least 30. Ensure to reapply during sun exposure. **DO NOT** expose your skin to direct sunlight for 14 days. The treated area is more prone to sunburn and pigmentation change. Reapply every 2 hours when outdoors.

- No intense exercise, saunas, steam rooms, or hot tubs for 24–48 hours
- You may apply makeup after 24 hours, or sooner if approved by your provider and skin feels calm
- **Do NOT** use active ingredients for 5–7 days, including: Retinol/retinoids, AHAs / BHAs, Vitamin C, Benzoyl peroxide
- **Do NOT** take hot showers for 24-48 hours. Lukewarm water is okay.
- **Do NOT** pick, scratch or peel your skin.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.
