BBL ACNE TREATMENT

POST-TREATMENT INSTRUCTIONS:

- Avoid sun exposure 2 weeks before your treatments - this includes the use of self-tanners and tanning beds.
- Stop the use of retinol 2-3 days prior to your appointment or any products that cause your skin to react (hydroquinone, benzoyl, acids, etc.)
- Avoid sun exposure 2 weeks after your treatments.

Erythema (redness) isusually noted within a few minutes after the completion of the procedure. A slight sun burn sensation in and around the area treated is also normal and expected. These reactions tend to subside within 1-4 hours after the treatment.

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

POST-TREATMENT INSTRUCTIONS:

- Until sensitivity has completely subsided, avoid all of the following:
  - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or cold water - wash with tepid water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine
  - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is rarely needed but if so, usually within the first 4 hours after the treatment.

- Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.

- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.

- If the skin is broken or a blister appears, apply an antibiotic ointment (Bacitracin or Polysporin) and contact the office immediately. Keep the affected area moist and avoid direct sunlight.

- Strictly avoid any sun exposure to the treated area for a minimum of 7 - 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+ reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

- Subsequent treatments are based upon your clinician's recommendation and are typically 1- 2 treatments per week for at least 4 weeks or until acne clears. The number and frequency of treatments required will depend on the severity of your acne and how well it responds to treatment.
- Clinical studies suggest that at least two acne treatments are needed to begin to see results and results have been reported to last up to 6 months.