BBL TREATMENT

PRE-TREATMENT INSTRUCTIONS:

- Avoid sun exposure, tanning beds and self-tanner for the treatment area 3-4 weeks prior and throughout BBL treatment course. If unavoidable, treatments sessions may need to be increased due to reduced fluence (i.e. energy) settings or even cancelled if recently exposed.
- Do not use aspirin, ibuprofen, vitamin E, ginko biloba for at least 1 week before and for the first 2 days after treatment (of vascular targets).
- Inform clinician of any areas with permanent make-up or tattoos as they need to be avoided.

POST-TREATMENT INSTRUCTIONS:

Erythema (redness) is usually 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.

- Use a gentle, non-exfoliating cleanser and gentle, fragrance free moisturizer for 5-7 days post treatment, or until crusting falls off and skin is no longer irritated.
- SPF must be applied in the days following treatment and for all days following treatment to avoid hyperpigmentation from returning.
- Do not rub, scratch, or pick the area(s), as treated areas maybe more fragile for up to several days or more after treatment.
- Makeup is permitted immediately after treatment (as long as skin is intact), be very gentle when applying or removing it.
- You may get the treated area wet, gently pat dry.
- Avoid all triggers that cause redness or flushing in the skin for 48-72 hours, including but not limited to, hot tubs, hot showers and saunas, strenuous exercise, alcohol, and spicy food . This is critical to keep the blood vessels calm & to inhibit excessive blood flow in the treated areas. Avoid/minimize sun exposure, as best as possible, for 3-4 weeks before and after treatment and throughout treatment course. Wear protective clothing (hat, etc.) and a broad spectrum (UVA/UVB), high SPF (at least SPF 30) sunblock to protect the treated area from direct sun exposure.
- Change your pillow case nightly for the first 2-3 nights.
- Relieve any swelling by applying cool compress or an ice pack wrapped in a soft cloth 5-10 minutes / hour for several or more hours.
- Take Tylenol or another pain reliever that contains no aspirin or ibuprofen, if needed.
- If the treated area becomes increasingly tender, red, swollen and/or purulent or itchy contact our office immediately as this may represent an infection or allergic reaction that may require treatment.