

## BBL Pre/Post Treatment Care

1. Prolonged sun exposure is to be avoided for 3 weeks before/after treatment. A total sun block, not a sunscreen, should be applied if it is impossible to comply. For best results, you must **commit to avoid the sun**. Sun exposure may cause complications (e.g. blistering, hyper/hypo-pigmentation).
2. Smoking may reduce effectiveness of treatment results.
3. Using Tylenol and avoiding caffeine immediately prior to the procedure is recommended for best comfort. Pain may be potentiated during your period; please avoid scheduling for that time.
4. If you have melasma or hyperpigmentation, pretreatment for 6 weeks with OBAGI Condition and Enhance or CRx products with prescription strength lightening agents (available from our office) is recommended. Continued use after treatment will help maintain results.
5. If you have EVER had a cold sore, 1000mg L-Lysine should be taken 1-3 times a day 1 day before facial procedures, the day of treatment and 3 days post. If you see/feel a cold sore developing, use your normal treatment and notify us.
6. After treatment, cold packs, aloe vera or other cooling preparations may be used to ease temporary discomfort. Swelling/bruising is uncommon but may be severe. Notify us if this is a problem.
7. Aerobic exercise, use of saunas and hot tubs/hot showers or excessive heat should also be avoided for 24-48 hours after treatment.
8. If the skin is broken or a blister appears, apply an antibiotic ointment and notify us. The area should be kept lubricated to prevent crusting or scabbing of tissue.
9. Normal makeup, gentle cleansers and moisturizers (and sun block!) can be used after treatment.
10. You may look freckled or peppered a few days after treatment. The dark spots will flake off over the next several days and you should NOT pick or rub at the area. Occasionally, a red/purple bruise or a bronze crust may result and take days to weeks to resolve. Lycogel makeup (available from our office) covers discolorations and may speed resolution. If possible, avoid aspirin, motrin (ibuprophen) and alcohol, vitamin E or anything that would potentiate bleeding or swelling for 5-7 days prior to treatment.
11. When undergoing treatments for permanent hair reduction, you may shave or clip hair between treatments but should not pluck or use depilatories. Immediately prior to treatments, avoid shaving so that the hair pattern can be evaluated.
12. Please carefully plan the timing of your treatment. Most BBL treatments involve little to no recovery time, but occasionally swelling or discoloration can be significant and can take days to weeks to resolve. Scheduling ANY treatments prior to an important event could be problematic.
13. Please make a follow up appointment 1-3 weeks after any treatment and call otherwise with questions or concerns 712-396-4320.