



THE AESTHETIC CENTER

BBL HERO

Post Treatment Instructions

BBL delivers light energy to gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate. In addition, the light energy penetrates deep into the skin to boost your body's natural ability to fight the appearance of aging. The result? Skin that's naturally beautiful and visibly younger looking, year after year!

These **pre- and post-care instructions** are intended to guide you through the treatment process and get you on your way to naturally beautiful skin!

WHAT TO DO BEFORE YOUR TREATMENT:

- Use sunscreen and physical sun protection.
- Avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports outdoors.
- Inform your BBL clinician if any physician has ordered Accutane for you in the last 6 months.
- Inform your doctor of any medical conditions or medications you are taking that might sensitize you to light, affect wound healing or affect coagulation.

WHAT TO EXPECT DURING YOUR TREATMENT:

- The procedure is typically gentle and safe.
- There is no need for a topical anesthetic, however, your clinician may choose to use it.
- Your eyes will be protected with safety shields or glasses.
- You may briefly feel a warm or rubber band snap sensation as the light is absorbed.

WHAT TO DO AFTER YOUR TREATMENT:

- 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.

There is virtually no downtime after this non-invasive and gentle procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately.

SKIN CARE RECOMMENDATIONS Just as important as the treatment, is the care for your skin pre- and post- treatment.

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.
 - We recommend ZO Gentle Cleanser

MOISTURIZER:

- Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry.
 - We recommend ZO Daily Power Defense

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 sun exposure for 14 days. The treated area is more prone to sunburn and pigmentation change.
 - We recommend Elta MD Physical tinted or non-tinted

TIPS AND TRICKS:

- Use soft wash cloth and towels to avoid any scrubbing.
- Wear a wide-brimmed hat or sun protection clothing post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.
- Avoid strenuous exercise and sweating until after skin has healed.

WATCH OUTS:

- If the treated area is especially warm within the first 12 hours after treatment, a cold compress or ice pack can be used to provide comfort.
- If the skin appears red or swollen (sunburn sensation), an icepack can provide comfort, such as Vitamin E or Aloe Vera applied to the treatment area. In rare cases, oral pain relievers such as Tylenol or Advil may be used.
- While the skin is healing, avoid anything that will irritate the skin, such as exfoliants, shaving, too hot or too cold water and swimming pools and spas with multiple chemicals/chlorine.
- **In the unusual case of broken skin or blistering, contact the office immediately. Keep the affected area moist and avoid direct sunlight.**