

BBL HEROic POST-Care Instructions

To ensure optimal results and support your healing process, please follow these post-care instructions carefully:

WHAT TO EXPECT:

- Skin may have a mild sunburn (burning) sensation following the treatment that is usually gone within a few hours.
- Skin redness is normal and may last a few days.
- May be a slight amount of swelling; crusting or blistering is not uncommon and not serious; pigmented areas may begin to flake after a few days.
- Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. Makeup can be applied to the area **IF** the skin is not broken.
- Sun spots and age spots will **DARKEN** with the BBL treatment **BEFORE** they begin to respond and resolve. This is expected and a normal part of the process. I understand that I **SHOULD NOT** pick these spots once they become dry. These spots will lift and fall off on their own.
- **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.

TIPS:

- Cold compresses may be helpful for the **first 24 hours**.
- Use soft wash cloth and towels to avoid any scrubbing.
- Wear a wide-brimmed hat or sun protecting clothing post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.
- If the skin appears red or swollen (sunburn sensation), an icepack can provide comfort, same as Vitamin E or Aloe Vera applied to the treatment area

AVOID:

- **DO NOT** rub the skin and should **avoid** hot water during this time. **DO NOT** use a Clarisonic or a loofah for one week.



- **DO NOT** use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate or have chemical peels performed on the areas treated for one week.
- **DO NOT** expose your skin to direct sun for **14 days**. The treated area is more prone to sunburn and pigmentation change.
- **AVOID excessive heat or friction** to the treated area (**heavy exercise, saunas**).
- Contact the office immediately if you experience any blistering or increased pain. Contact the office you become concerned about infection.
- Call your provider at (504) 267-4549 if pigment changes are bothersome or persist beyond 4 weeks.