

### **BBL HEROic PRE-Care Instructions**

To ensure the best experience and results, it's essential to **carefully REVIEW THE PRE-CARE INSTRUCTIONS below**. Following these guidelines (such as pausing retinol use or avoiding sun exposure) is crucial for your safety and to **prevent any delays or the need to reschedule**:

- I understand that I **MUST avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinner 7 DAYS BEFORE** your treatment.
- I understand that I **MUST** discontinue **antibiotics and photosensitizing medications** including **doxycycline** and **minocycline 2 WEEKS PRIOR** to treatment. Please let us know **any medications you are taking**, including **ANTIBIOTICS**, as many are photosensitive and your appointment may need to be rescheduled.
- I understand that I should **avoid sun exposure** (apply mineral-based sunscreen daily and do not tan at all – including self-tanner) for **4 to 6 weeks before** and after treatment.
- I understand that I should **avoid dermal fillers** and **Botox/Dysport** for at least **2 weeks prior** to treatment and **2 weeks after** treatment.
- I understand that I **MUST not use any retinol products** (or products containing tretinoin) **or exfoliants on the area** to be treated for **one week**.
- I understand that I must **avoid Accutane** (or isotretinoin products) for **6 months prior** to treatment.
- I understand that I **AM NOT a candidate** if I am **pregnant, breastfeeding, or on topical or oral antibiotics**.
- I understand that I **MUST reschedule** my appointment at least 24 hours in advance if I have a **rash, cold sore or blemish on the area(s)** being treated.
- I understand that if I **have a history of fever blisters**, I will **notify my provider prior** to treatment. My provider will give me a prescription for prophylactic antiviral therapy to start on the day of treatment to prevent a flare up of cold sores. If I have a current prescription, Valtrex 500 mg should be taken the day before, the day of and the day after treatment.
- I understand that I **MUST notify** the provider if I have any **cosmetic tattooing on or near the area** to be treated.



- I understand that there may be **some social downtime of 2 to 5 days** (up to 4 weeks for body treatments) before any redness, swelling and sloughing of the sunspots has subsided.