

BBL Pre/Post Instructions

BBL Pre-Treatment Instructions:

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

BBL What To expect

1. The procedure is typically gentle and safe.
2. There is no need for a topical anesthetic; however, your clinician may choose to use it.
3. Your eyes will be protected with safety shields or glasses.
4. You may briefly feel a warm or rubber band snap sensation as the light is absorbed.
5. You may experience some redness in the treatment area that should resolve within a few hours.
6. You may notice darkening of pigmented spots, followed by fading and flaking off at a later stage.

BBL Post Instructions

1. 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.
2. 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.
3. Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry.
4. If the treated area is especially warm within the first 12 hours after the treatment, a cold compress or ice pack may be used to provide comfort.
5. 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. In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.
6. Sunscreen is a MUST and should be applied 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.
7. Avoid working out, sauna, or heat for 24 – 48 hours post treatment.

**If any complications occur, please call our office at 281-895-9090.
Afterhours please follow the prompts on our voice message.**