



## Forever Clear BBL Acne Treatment Pre and Post Care

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### Pre-Treatment Instructions

- **Sun exposure should be avoided at least 2 weeks prior** to treatment.
- Self-tanners should be avoided 2 weeks prior to treatment.
- Discontinue any topical products such as retinols, salicylic acids, glycolic acids, etc., one week prior to treatment.
- If you are prone to get cold sores/fever blisters, an antiviral medication may be prescribed to you.

### Post-Treatment Instructions

Patient response can vary after a BBL 420 nm Acne treatment. Erythema (redness) is usually noted within a few minutes after the completion of the procedure. A slight sun burn sensation in and around the area treated is also normal and expected. These reactions tend to subside within 1-4 hours after the treatment.

**BE GENTLE!** Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all of the following:
  - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or cold water - wash with tepid water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine
  - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is rarely needed but if so, usually within the first 4 hours after the treatment.
- Makeup can be applied immediately after treatment.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- **Strictly avoid any sun exposure** to the treated area for a minimum of 7 – 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. **Keep the area covered and use a sun block with SPF 30+,** reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- The number and frequency of treatments required will depend on the severity of your acne and how well it responds to treatment.
- Clinical studies suggest that at least two BBL 420 nm acne treatments are needed to begin to see results and results have been reported to last up to 6 months.

**\*Call office immediately if the skin is broken or a blister appears**

**\*Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**