



BBL/IPL & Forever Young BBL (FYBBL) Pre and Post Care

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

- There is no social downtime and a minimal risk of complications with BBL treatments.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction which can last for a few hours.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first few hours after the 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, such as Extra Strength Tylenol or Advil, may be used.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- Strictly **avoid any sun exposure** to the treated area. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a physical **sun block with SPF 30+** and reapply every 2 hours.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- The treated area must be treated with care. **BE GENTLE! Do not scratch or pick at your skin.**
- Multiple sessions are performed every 4-6 weeks until the desired result has been achieved.
- If in the middle of a series of BBL treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.

***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.**