



Pre and Post Instructions for BBL

1. Can only be performed on non-tanning skin (this includes natural tanning, tanning beds and self-tanners). This treatment is only safe on skin types (1-3). Cannot be performed on Asian, Hispanic or African American Skin Types
2. Stop all prescription topical retinoids and prescriptions acne creams 1 week prior to each treatment.
3. Must be off oral Accutane (isotretinoin) for 6 months.
4. Cannot be performed with any type of active skin infections such as fever blisters or shingles.
5. Female patients must arrive without makeup. You may apply makeup after the procedure.
6. Male patients should shave the day of treatment if treating the full face. Moustache and beard areas will not be treated routinely if the patient wishes to maintain hair growth in those areas.
7. If treating the neck or chest you will need to remove your top during the treatment.
8. If you are prone to fever blisters/cold sores, we recommend that you start oral anti-viral medication such as Valtrex the day before the treatment.
9. If treating areas other than the face, please do not apply moisturizers or body lotions the day of your treatment. However, moisturizers are fine after your treatments.

What to Expect After your Treatment

1. You may have a sun-burned sensation for about an hour after the treatment. You may apply cold compresses to your face if needed.
2. It is normal to have some slight swelling in the cheeks for a day or so.
3. Bruising may occur in patients that have a lot of broken capillaries or rosacea.
4. You may apply makeup and skincare products immediately after the treatment.
5. Avoid heavy exercise for 6 hours after your treatment.
6. Avoid hot tubs or Jacuzzis in the evening of your treatment but you may bathe or shower as normal.
7. Brown pigment will appear darker for several days after your treatments before dissolving. This brown pigment also lingers longer on neck and chest than on the face.
8. Avoid all sun exposure before and immediately after your treatments.
9. Your results will depend on several factors including natural skin color, depth of pigment, sun exposure. There is no guarantee that all pigment will be removed.

**Please call us if you have any questions or problems regarding your treatment.
704-997-6530**