PATIENT PRE & POST-CARE INSTRUCTIONS

CONGRATULATIONS...

You have decided to take the light approach to beautiful and younger-looking skin!

BBL™ is a proven patient favorite to achieve beautiful skin!

BBL delivers light energy to gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate. In addition, the light energy penetrates deep into the skin to boost your body's natural ability to fight the appearance of aging. The result? Skin that's naturally beautiful and visibly younger looking, year after year!

These pre- and post-care instructions are intended to guide you through the treatment process and get you on your way to naturally beautiful skin!

What To Do Before Your Treatment?

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

What To Expect During Your Treatment?

- The procedure is typically gentle and safe.
- There is no need for a topical anesthetic, however, your clinician may choose to use it.
- Your eyes will be protected with safety shields or glasses.
- You may briefly feel a warm or rubber band snap sensation as the light is absorbed.

What To Do After Your Treatment?

- You may experience some redness in the treatment area that should resolve within a few hours.
- You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- 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.

There is virtually no downtime after this non-invasive and gentle procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately.

* Ratings from June 2018.
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PATIENT PRE & POST-CARE INSTRUCTIONS

TIPS & TRICKS

- *Use soft wash cloth and towels to avoid any scrubbing.*
- *Wear a wide-brimmed hat or sun protecting clothing post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.*
- *Avoid strenuous exercise and sweating until after skin has healed.*

WATCH-OUTS

- *If the treated area is especially warm within the first 12 hours after the treatment, a cold compress or ice pack can be used to provide comfort.*
- *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.*
- *While the skin is healing, avoid anything that will irritate the skin, such as exfoliants, shaving, too hot or too cold water and swimming pools and spas with multiple chemicals/chlorine.*

WARNING

- *In the unusual case of broken skin or blistering, contact the office immediately. Keep the affected area moist and avoid direct sunlight.*

Skin Care Recommendations

Just as important as the treatment, is the care for your skin pre- and post-treatment.

CLEANSING:

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.

Your doctor recommends these products: EpiCutis Oil Cleanser, Skinceuticals Soothing cleanser or CeraVe gentle cleanser

MOISTURIZER:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenev-er your skin feels dry.

Your doctor recommends these products: EpiCutis Hyvea Cream, Skinceuticals RGN-6 Cream, Alastin Ultra light or Ultra Nourishing Moisturizer

SUNSCREEN:

Sunscreen is a MUST and should be used 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.

Your doctor recommends these products: Alastin Hydratint SPF, EpiCutis Lipid Shield SPF

Allure Skin & Laser
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Learn more at www.BBLbySciton.com
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