

BBL PHOTOFACIAL PRE AND POST TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

- Avoid sun exposure, tanning beds and self-tanner for at least two weeks prior to treatment.
- Avoid skincare products with active acne ingredients such as benzoyl peroxide as well as sensitizing topicals such as Retinol, Retin-A, Differin, Tazorac, etc. for 1 week prior to treatment.
- If possible, do not apply makeup to the area to be treated.
- To minimize discomfort, do not drink alcohol for 2 days prior to the treatment.
- If this is your first time receiving a photofacial treatment here, a “BEFORE” photo will be taken at the start of your visit.

POST-TREATMENT INSTRUCTIONS:

- A mild sunburn-like sensation is expected. This usually lasts 12-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2-3 days. If swelling occurs, keep the area elevated for the remainder of the day and while sleeping. You may also take 2 Ibuprofen.
- Prolonged redness and/or blistering may occur.
- Pigmented lesions will continue to darken after treatment before fading. They may even turn black and resemble a “peppered” look to the skin.
- Pigmented lesions may develop crusts that will begin to flake off in 2-3 days. DO NOT pick at the crusts or scabs. This will cause unwanted side effects and possibly permanent discoloration.
- Vascular lesions may turn darker red, purple or black before fading. Do not press on these areas.
- Lesions are usually healed in 7-10 days, continuing to completely fade over the next 2-4 weeks.
- Avoid exercising and other activities that will heat the skin for 48 hours post treatment.
- Avoid excessively hot showers, hot tubs, saunas and swimming pools until all redness has subsided.
- Avoid scrubs, mechanical brushes and loofas on the treated areas for 5-7 days. Gently pat dry promptly after cleansing.
- Avoid sun exposure to treated areas. Apply a sunscreen containing zinc oxide and/or titanium dioxide with a SPF 30 or higher daily to sun-exposed/treated areas. Sun exposure can cause adverse reaction to the treatments. Once all treatments and healing is complete, we recommend continued daily use of broad-band sunscreen.
- Only use post procedure skincare products recommended by your provider to calm, soothe and protect the skin for 7 days post treatment.