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BBL Post-Treatment Instructions

1. Intense burning, redness, warmth, and a sunburned sensation are normal responses following BBL treatments. The discomfort and redness generally last 2-4 hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for pain.
2. Brown patches or spots may look darker and more pronounced immediately following BBL treatments. Patients may experience a sandpaper feeling post treatment, which is normal, keep moisturized and do not scrub treated area.
3. It is recommended to use a gentle moisturizer such as CeraVe, Neutrogena, Cetaphil, Aveeno, etc. twice a day following the first week post treatment.
4. Avoid use of topical skin care products containing retin-A, retinol, glycolic acid, or salicylic acid for 1 week post treatment.
5. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care.
6. If the skin is broken or blisters appear, apply an antibiotic ointment and notify our office. The area should be kept lubricated with Vaseline petroleum jelly or Aquaphor to prevent crusting or scabbing of tissue.
7. Some patients will wake up with facial swelling, particularly around the eyes for several days following the treatment. This is normal and usually resolves within 3-5 days.
8. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT. A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as severe blistering and permanent skin discoloration.