

BBL™ Post-Treatment Instructions

- Be gentle to treated area. Do not scratch or pick at your skin.
- Freckles and sunspots may turn slightly darker (pigment granules) initially and then flake off within 7–10 days for facial areas and 14 – 21 days for body areas. This is a desired and normal reaction.
- Until the "pigment granules" have completely subsided, avoid all of the following:
 - o Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - o Excessively hot or cold water – wash with tepid water
 - o Shaving
 - o Swimming pools and spas with multiple chemicals/chlorine
- Skin may appear red, swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to a few days after treatment. Applying an ice pack off and on for the first 24 hours will help minimize swelling. **NOTE:** Never apply ice directly to the skin. Apply through a cloth.
- For minimum of 48 hours, avoid activities that cause flushing or excessive perspiration, including exercise, hot temperatures, consumption of alcohol or spicy foods, saunas, etc.
- A cold compress can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Hydrocortisone cream can also be applied to provide comfort if the treated area becomes itchy.
- 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; i.e. Tylenol or Advil, may be used.
- There may be redness and slight swelling around the treated vessels. Often, they appear lighter in appearance and are less defined.
- Makeup may be applied immediately after the treatment, as long as skin integrity has not been compromised.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact your Ideal Image clinic immediately. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure to the treated area for a minimum of 7–14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with zinc oxide or titanium dioxide and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- 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.
- Subsequent treatments are based upon your Medical Professional's recommendation and are typically 4 weeks apart.

Client Signature: _____ Medical Professional Signature: _____