

## **BBL Pre-Treatment Instructions**

### **IMPORTANT INFORMATION**

- You cannot have the BBL procedure if you are pregnant or breast feeding.
- You cannot have the BBL procedure if you have active herpes on the lips.
- You must avoid heavy sun exposure or tanning beds for the duration of your treatment regimen.

### **PREPARING FOR THE BBL LASER TREATMENT**

- During your consultation, you should discuss your current skincare regimen. It is **critical** that you are not using topical or oral steroids (creams or pills), retinoids (topical or oral) prior to your BBL procedure.
- Discontinue using skincare products containing glycolic acid, salicylic acid, benzoyl peroxide, and abrasive scrubs for at least 1 week prior to your procedure.
- If you are taking Accutane, you must discontinue its use 6 months to a year prior to the BBL procedure.
- If you have a history of "cold sores," please let your provider know. Medication can be prescribed to minimize the possibility of a flare up following your treatment.
- For darker skinned patients, patients with melasma or a history of hyperpigmentation, medications will be discussed and prescribed to minimize the possibility of hyperpigmentation following your treatment.
- Do not have any laser or light-based treatments until your BBL treatment series is completed.
- Do not have microdermabrasion or "peels" for 2 weeks prior to your BBL treatment.
- Do not have any facial waxing for 1 weeks prior to your treatment.
- Smoking cigarettes will increase your risks. It is imperative that you refrain from smoking prior to your procedure.
- It is recommended that you avoid alcohol for 24 hours pre procedure.
- Hydration is important. Drink plenty of water before and after your procedure.
- Do not take aspirin or anti-inflammatory medications for 3 days prior or 3 days after procedure.
- You should ask questions and feel free to contact the office if you need any information.

### **THE DAY OF THE BBL TREATMENT**

- Your face must be thoroughly clean. Do not apply make-up, moisturizer, creams or lotions. Men should be clean-shaven.
- You should wear a comfortable shirt without a collar when you come to the office.
- Please remove jewelry such as earrings and necklaces before leaving home.