



BBL Hair Removal Pre & Post Care

Pre Care

- Absolutely no sunburn or suntan for 4 weeks prior to treatment. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration.
- Do not use any self-tanning lotions or sprays in the month prior to treatment.
- Stop using Retin-A, Renova and Differin for one week prior to treatments.
- Please inform us if you have any history of herpes, cold sores, or fever blisters. In such instances, we recommend taking Valtrex 500mg, 1 tablet twice daily for 5 days starting on the day before the treatment.
- Shave 24 to 48 hours prior to treatment

Post Care

Patient response can vary after a hair reduction treatment. Erythema (redness) and edema (swelling) around the hair follicles in the treated area are usually noted within a few minutes after the completion of the procedure and typically resolve completely within 24-48 hours. A sun burn sensation in the area treated is also normal and expected.

The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.

Avoid the following for at least 72 hours after treatment unless stated otherwise:

- *Applying make-up over the treated areas
- * Use of scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofah sponges and aggressive scrubbing
- * Hot or cold water - wash with tepid water
- * Shaving
- * Swimming pools and spas with multiple chemicals/chlorine
- * Activities that cause excessive perspiration
- * Other hair removal methods or products on the treated area during the course of your laser treatments (tweezing, waxing and depilatories), as it will prevent you from achieving your best results.
- * Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change.

To minimize discomfort and for the best results:

- * A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm.
- * 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 reliever; i.e. Extra Strength Tylenol, may be used.
- * In the unusual case of crusting, broken skin or blisters 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.
- * In rare cases, hives have been reported after BBL hair reduction treatments. If you experience an irritated, raised rash after treatment contact the office. Benadryl may be taken to help relieve the itchiness.
- *Use of a sunscreen with at least SPF 30 on the treated areas is recommended indefinitely