



GLOWAESTHETICS

MEDICAL SPA & BEAUTY BOUTIQUE

BBL HERO Pre/Post Care Instructions

BBL delivers light energy to gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate collagen. In addition, the light energy penetrates deep into the skin to boost your body's natural ability to fight the appearance of aging. The result? Skin that's naturally beautiful and visibly younger, year after year!

These pre and post care instructions are intended to guide you through the treatment process and get you on your way to naturally beautiful skin.

What To Do Before Your Treatment?

- Use sunscreen (mineral sunscreen is best) and physical sun protection
- Avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports outdoors for two weeks prior to treatment.
- Refrain from using self tanning products and lotions that contain gradual tanners two weeks prior to treatment.
- Patients with a history of HSV 1 (cold sores) should take antiviral medications (Valtrex) starting one day before treatment and continue as directed by your provider.
- To decrease the risk of bruising, we recommend avoiding the following for 3 days before your treatment (unless medically contraindicated):
 - Alcoholic beverages
 - NSAIDS (Advil/Ibuprofen/Aspirin)
 - Warfarin
 - Herbal Supplements: Vitamin E, St. John's Wort, Garlic, Ginkgo, Ginseng
 - Any supplements or medications that increase the chance of blood thinning.
- Inform your provider if any physician has ordered Accutane for you in the last 6 months.
- Inform your provider of any medical conditions or medications you are taking that might sensitize you to light, affect wound healing or affect coagulation.
- Inform your provider if you are awaiting the results of a skin cancer screening, have skin cancer, or have been diagnosed in the past.
- Inform your provider if you have a history of melasma on the face.
- Arrive at the office with the treatment area clean and free of makeup, lotions, creams, or products.

What To Expect During Your Treatment?

- The procedure is typically gentle and safe.
- There is no need for a topical anesthetic, however, your clinician may choose to use it.
- Your eyes will be protected with safety shields or glasses.
- You may briefly feel a warm or rubber band snap sensation as the light is absorbed.

What To Do After Your Treatment?

- You may experience some redness in the treatment area that should resolve within a few hours but may continue for 12 hours post treatment.
- If the skin appears red or swollen (sunburn sensation), an icepack can provide comfort, same as Vitamin E or Aloe Vera applied to the treatment area. In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.
- You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- Follow your clinician's aftercare plan until skin is completely healed – typically one week after treatment. The skin on your body might take longer to heal, compared to your face.
- Do not vigorously work out for at least 3 days following your treatment - this may cause post inflammatory hyperpigmentation.
- While the skin is healing, avoid anything that will irritate the skin, such as exfoliants, shaving, too hot or too cold water and swimming pools and spas with multiple chemicals/chlorine.
- Do not receive additional skin treatments (laser, microneedling, facial, etc.) or any procedure in the treatment area for 2-4 weeks. Please discuss with your provider for a treatment plan.

There is little downtime after this minimally invasive procedure. In most cases, you are able to apply makeup, return to work, and resume most of your activities immediately.

Skin Care Recommendations

Your pre and post treatment skin care is just as important as the treatment you are receiving.

Cleansing:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser for 2 weeks post treatment. Use your hands and fingertips to cleanse using gentle patting motions. DO NOT rub, scrub, use an exfoliant soap or skin care brush in the treated area. Avoid exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, etc.) for 7 days post treatment. Ask your doctor for product recommendations if preferred.

Moisturizer:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. Ask your doctor for product recommendations if preferred.

Sunscreen:

Sunscreen is a MUST and should be used daily beginning the day of treatment and used consistently. Use a physical sunscreen of at least an SPF of 30. Ensure to reapply during sun exposure. DO NOT expose your skin to direct sun exposure for 14 days. The treated area is more prone to sunburn and pigmentation change.

Tips and Tricks:

- Use soft towels to dry your face and avoid any scrubbing.
- Wear a wide brimmed hat or sun protecting clothing post treatment to avoid blistering, scarring, hyperpigmentation, or hypopigmentation.
- Avoid strenuous exercise, sweating, heat, saunas, hot tubs, and swimming pools for AT LEAST 3 days post treatment.
- If redness in the face (vasculature) is treated with BBL avoid alcohol, spicy foods, and caffeine for 24 hours post treatment.

Warning:

- In the unusual case of broken skin or blistering, contact the office immediately. Keep the affected area moist and avoid direct sunlight.