

BBL™ AFTER CARE

- Erythema may be seen in the treated area for several hours to 14 days after treatment. Patients may report a feeling of tightness or sunburned feeling in the area treated.
- If blistering occurs, aggressive wound healing measures should be implemented. Apply an antibiotic ointment and call the office.
- 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. This includes the use of tanning beds.
- Makeup may be used after the treatment. Any moisturizer without alpha-hydroxy acids is acceptable.
- If there is any sensitivity, until it has subsided, avoid all the following:
 - 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
 - Hot or cold water - wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is rarely needed but if so, usually within the first 4 hours after the treatment.
- 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., Extra Strength Tylenol or Advil, may be used.
- “Coffee ground” looking pigmentation can occur 3-4 days after the treatment. This is common. Do not try to exfoliate the spots away as they will resolve on their own. If you do not get these, it does not mean the treatment did not work.
- Avoid tweezing, waxing, bleaching or chemical peels for 2 weeks before or 2 weeks after the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide, or astringents during this time.
- It may take up to four weeks or longer to observe the maximal effectiveness of this treatment.