



FOREVER YOUNG BBL™ AFTER CARE

Immediately after the treatments, you may apply an ice pack if your skin is hot or if you have any swelling. It is normal for the treated area to feel like sunburn for a few hours. Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise, or massage.

Avoid picking or scratching the treated skin to achieve your best results. If any crusting, apply antibiotic cream. Some physicians recommend Aloe Vera gel or some other after sunburn treatment such as Desitin. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe vera gel or an antibiotic ointment longer. Follow instructions as specified by your practitioner.

Makeup may be used after the treatment. Any moisturizer without alpha-hydroxy acids is acceptable.

You may shower after the light treatment in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.

You may see “coffee ground” looking pigmentation 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.

You may experience redness and bruising from five to fourteen days after the treatment. Avoid direct sun exposure and tanning beds for 1-2 months and throughout the course of the treatment to reduce the chance of dark or light spots. Always use sunscreen SPF 30 or higher for at least 2 weeks before and after each treatment when going outside.

It may take up to four weeks or longer to observe the maximal effectiveness of this treatment.

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.

You will want to have one treatment every 4-6 weeks until the issue you are concerned with is corrected. Then you can be placed on maintenance treatments every 3-4 months to continue the effectiveness of the procedure.

Call RejuvenationMD with any questions or concerns you may have after the treatment.