

BBL Laser Post-Care Instructions

What you may feel and look like:

- Immediately after the treatment, you will experience slight to moderate redness of the skin. The redness will dissipate over time lasting anywhere from a few hours to 24 hours after treatment.
- 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 the treatment. The skin on your body might take longer to heal, compared to your face.
- There is virtually no downtime after this non-invasive and gentle procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately.

How to Care for Your Skin after Treatment:

- Immediately After Treatment. We recommend Alastin Skin Nectar to speed healing, followed by a gentle moisturizer. Use of icepacks helps alleviate the warm sensation.
- If the skin appears red/swollen (sunburn sensation), an icepack can provide comfort, same as Vitamin E or Aloe Vera applied to the treated area. If needed, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.
- 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.
- Cleansing: Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser. Use your hands and fingertips to cleanse using gentle patting motions. DO NOT rub, scrub, use an exfoliant soap or skin care brush, e.g. Clarisonic in the treated area.
- Moisturizer should be applied generously with clean hands on treated area and reapplied if skin feels dry.
- Skin Care Products, Scrubs, Toners, Glycolic Acid, and Retin A. Your skin will be sensitive for the first 2 weeks or so after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A.
- Sunscreen. Sunscreen is a MUST and should be used daily beginning the day of treatment and used consistently. Use sunscreen with Broadband UVA and UVB protection and a SPF of at least 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.

What products to use after BBL Laser Treatment:

- Cleanser: Gentle cleanser such as IS Clinical Cleansing Complex or ELTAMD Foaming Cleanser
- Alastin Skin Nectar to decrease inflammation and boost the results of laser treatment
- Moisturizers: Gentle moisturizer such as SkinMedica Replenish Moisturizer or IS Clinicals Sheild
- Sunscreens: Min. SPF 30+ offering broadband protection such as Alastin Tinted SPF or ELTAMD UV Clear

Reminders:

- Remember, it takes a series of 3-5+ treatments to see the results of your newly rejuvenated skin.
- If blistering develops in the treated area, notify the clinic and we will arrange for you to be seen in the office asap. Apply a thin layer of Polysporin/Vaseline ointment. Re-apply as needed to keep the area from drying out (at least 4x's daily). Keep the affected area moist and avoid direct sunlight
- For Acne Treatment: Multiple treatments are needed, and subsequent treatments are based upon your clinician's recommendation; however most patients will receive 1- 2 treatments per week for at least 4+ weeks or until acne clears. The number and frequency of treatments required will depend on the severity of your acne and how well it responds to treatment.

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