

BBL/IPL

TREATMENT GUIDE



Post-Care Expectations:

- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.

Post-Care Instructions:

- Aloe vera or copper may be used to ease temporary discomfort.
- Quick warm showers are recommended. Avoid prolonged, hot baths.
- Avoid Aerobic exercise and use of a sauna/hot tub for 24-48 hours.
- If the skin is broken or a blister appears, apply copper or Aquafor and notify us. The area should be kept lubricated to prevent crusting or scabbing of tissue.
- Avoid prolonged sun exposure for 4 weeks before and after treatment. Sun exposure may cause certain complications, including the possibility of blistering and/or hyperpigmentation. Consider wearing a hat and staying in the shade when possible.
- Makeup can be applied as long as the skin is not broken. Makeup can additionally serve to protect the skin from sun exposure.



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