

BBL/IPL Pre & Post Care instructions

Before your BBL/ IPL treatment:

1. If possible please do not wear makeup to your treatment.
2. **For one week prior**, avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C, unless directed by Dr.Comeau
3. **For 5 days prior**, do not wax or use a depilatory on treatment areas.
4. **For at least 3-4 weeks prior, do not allow your skin to receive significant sun exposure, use a tanning bed or self tanning products, get a spray tan or use any artificial pigments on your skin at all.** If you have any color to your skin, please try to allow it to “fade” during the 3-4 weeks prior to your treatment.
5. It is very important to remember to inform Dr. Comeau and her clinical staff **before each IPL /BBL treatment** if you have started any new oral medication (such as antibiotics or any others) or new topical medication, creams, lotions or ointments. This may affect your treatment.
6. If you have significant redness to your skin or have visible blood vessels, please discontinue any blood thinning medications or products, such as aspirin, anti-inflammatory agents (Ibuprofen, Advil), Vitamin E, fish oil, etc. unless specifically directed by your primary doctor for medical reasons.

After your BBL/IPL treatment:

Do not exercise for 24 hours following your procedure.

1. **For 2 weeks after**, avoid significant sun exposure, tanning beds, self tanning products, spray tans or use any artificial pigments on your skin at all. We recommend avoiding sun exposure (outdoor tanning) indefinitely. Daily use of SPF 30 -50 with 9% Zinc Oxide is vital to maintain your improved skin.
2. **For 1 week after**, avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C.
3. **For 1 week after**, do not wax, tweeze or use a depilatory to the treated areas.
3. Some sun spots will darken and become a crust after treatment. This crusting usually resolves in 4 to 10 days. Do not rub, scrub or pick at your skin. Allow skin to heal naturally.
4. If significant crusting occurs beyond the normal flaking of the treated pigment, an antibiotic ointment such as Polysporin or Bacitracin may be recommended.
5. Localized pinkness may be present and typically resolves within 24 to 48 hours.
6. If you have significant redness to your skin or have visible blood vessels, there is a chance of mild bruising after treatment. This will resolve in 4 to 10 days.
7. If you do not need make-up for the evening of treatment, wait until the next morning.

Please call us if you have any questions at 410-733-1877