

BBL™ Acne Post Care Instructions

Erythema (redness) is usually noted within a few minutes after the completion of the procedure. A slight sunburn sensation in and around the area treated is also normal and expected. These reactions tend to subside within 1-4 hours after the treatment

Until sensitivity has completely subsided, avoid all of the following:

- Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids, BHAs), acne creams or gels
- Loofah sponges and aggressive scrubbing
- Extreme hot or cold water
- Wash with tepid water
- Shaving
- Swimming pools and spas
- 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.

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. Aloe Vera applied to the treatment area may provide a soothing effect.

If the skin is broken or a blister appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight.

Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.

Strictly avoid any sun exposure to the treated area for a minimum of 7-14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sunscreen with a protection factor of 30+ reapplying every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

Subsequent treatments are based upon your service providers recommendation and are typically 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.
