

BBL PRE-CARE

Procedure: BBL

Pain Level: 2/10

Treatment Time: 15-30 minutes

Downtime: 48 hrs of slight redness

1. **ABSOLUTELY** avoid any type of sun exposure, sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.**
2. **Do not** use any self-tanning lotions in the month prior to treatment.
3. Stop using Retin-A, Renova, Differin, for one week prior to treatment.
4. Please inform us if you have any history of “herpes”, “cold sores”, or “fever blisters”. In such instances, we recommend taking Valtrex 500mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment. Lasers may cause a cold sore or fever blister leading to more serious complications.
5. You need to apply topical anesthetic cream to the area being treated 1 hour before the appointment time. This maybe done either in the comfort of your home or in our office.