



BBL® Forever Young Pre-Care

- ABSOLUTELY avoid any type of sunburn or suntan for 4 weeks prior to laser treatments. You MUST avoid sun exposure for 4 weeks after laser treatments as well.
- Do not use any self-tanning lotions for 4 weeks prior to treatment. **Failure to follow the previous instructions may result in a burn.**
- If you have a special event or vacation coming up, please keep in mind that you should schedule your treatment at least 4 weeks in advance.
- If you have a history of cold sores, we recommend you are pre-treated with valacyclovir prior to your procedure. Please let us know if you need a prescription called into your pharmacy.
- Avoid alcohol, spicy food, and cigarettes 24-48 hours before and after your treatment, as these may contribute to increased swelling, bruising, and irritation. Limit caffeine intake. Continued use of cigarettes can significantly reduce effectiveness of treatment.
- Avoid hot showers to treated area for 24 hours post-procedure. Lukewarm water is ok.
- It is not recommended to do laser treatments if you are pregnant or breastfeeding.
- Please let us know if you have a history of melasma or post-inflammatory hyperpigmentation.
- You must have completed Accutane 3 months prior to laser therapy.
- If you develop a cold/flu, cold sore, blemish or rash, etc. in the area to be treated prior to your appointment, please contact the clinic. You may need to reschedule your appointment until it resolves.
- Please discontinue products containing retinoids (Retin-A, Differin, etc.), or irritating skin products 1 week prior to treatments to avoid increased redness and irritation.
- We recommend waiting at least 2 weeks before and after your laser to have any other cosmetic facial treatments, including Botox, laser, ultrasound, peel, facials, microdermabrasion, etc.
- Please come to your appointment with NO makeup on AND your hair pulled back with a headband if you are getting a facial laser treatment. Do NOT wear mascara please.
- If you do not already have a gentle cleanser, moisturizer, and SPF, please purchase these from the store. We recommend gentle products for healing like CeraVe or Vanicream.

BBL® Hero Body Only:

- Please shave the area 24-48 hours in advance.

Arrive at the clinic one hour prior to treatment for numbing.
