



BBL Forever Young and Forever Clear Intense Pulsed Light

PRE-TREATMENT INSTRUCTIONS:

- Patients with a suntan or sunburn cannot be treated. This can result in more absorption of laser energy and increase risk of burns; this is a standard contraindication. Active sunburns are an absolute contraindication and the treatment cannot be performed.

Patients cannot be treated if they have had visible sun exposure or use of sunless tanners 2 weeks prior to treatment.

- Stop use of Retinoids and AHAs 1 week prior to treatment.
- Patients must utilize a SPF 30 (or above) daily regimen.
- Patients may not be treated with BBL if they were treated within the past 7 days with cosmetic Injectables (Botox, fillers, etc.), lasers or peels.
- Notify the office of any changes to your health including medications such as Accutane or a history of seizures.

POST-TREATMENT INSTRUCTIONS:

- Avoid exfoliating facial products/cleansers with glycolic acid, salicylic acid, benzoyl peroxide or retinol 1 week post procedure. Avoid physical exfoliation such as scrubs, brushes and washcloths.
- Cleanse and moisturize 2x daily with gentle products and apply sunscreen every day (minimum of SPF 30).
- It is normal to experience darkening of spots, redness or swelling post procedure. Darkening can last 7-10 days on the face and longer on the body (14-28 days depending on treatment area).
- Do NOT scratch or scrub the area, exfoliation should be avoided during the first 7 days.
- Makeup may be used 24 hours post treatment.
- It is advised to avoid exercise 24-48 hours post treatment.
- Avoid hot tubs, saunas and steam rooms for 48 hours post treatment.

Please call our office at 610-519-0600 should any concerns arise.