

BBL Pre & Post Care

Pre-Treatment Care

To ensure optimal results and minimize the risk of complications, please follow these guidelines:

- Avoid sun exposure, tanning beds, and self-tanners for at least 2 weeks prior to your treatment
- Apply broad-spectrum SPF 30+ daily and reapply every 2 hours when outdoors
- Discontinue retinol, tretinoin, glycolic acid, salicylic acid, and exfoliating products for 5 days prior
- Avoid waxing, chemical peels, or other aggressive skin treatments in the area for 5–7 days prior
- Notify our office if you develop:
 - An active cold sore (HSV)
 - Any skin irritation, open lesions, or infection in the treatment area
 - Recent antibiotic use or new medications
- Arrive with clean skin (no makeup, lotion, or SPF)
- Preparing your skin with medical-grade skincare is recommended for optimal outcomes

Post-Treatment Care

Following your BBL treatment, proper aftercare is essential for healing and results:

- Expect mild redness, warmth, and slight swelling for 1–2 days
- Pigmented lesions may darken (“coffee ground” appearance) before naturally flaking off within 5–10 days

Skincare & Comfort

- Use a gentle cleanser and hydrating moisturizer
- Apply cool compresses as needed for comfort
- Keep skin well hydrated

Activity & Heat

- Avoid for 24–48 hours:
 - Exercise
 - Hot showers
 - Saunas/steam rooms
 - Excessive heat exposure

Sun Protection (CRITICAL)

- Avoid direct sun exposure for at least 2 weeks post-treatment
- Apply SPF 30+ daily and reapply every 2 hours
- Wear hats and protective clothing when outdoors

What to Avoid

- Do not pick, scratch, or scrub treated areas
- Avoid retinols, exfoliants, and acids for 5–7 days post-treatment
- Avoid self-tanners until skin is fully healed

When to Contact Us

Please notify RN Esthetics if you experience:

- Blistering, crusting, or signs of infection
- Prolonged redness or swelling lasting more than 3–5 days
- Increased pain, warmth, or drainage
- Any unexpected or concerning reaction