

BBL + MOXI Pre & Post Care

Pre-Treatment Care

To ensure safe treatment and optimal results:

- Avoid sun exposure, tanning beds, and self-tanners for at least 2 weeks prior
- 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 treatments in the area for 5–7 days prior
- Notify our office if you have:
 - An active cold sore (HSV)
 - Skin irritation, infection, or open lesions
 - Recent antibiotic use or new medications
- Arrive with clean skin (no makeup, lotion, or SPF)
- Prepping with medical-grade skincare is strongly recommended

Post-Treatment Care

This combination targets pigment, redness, and overall skin tone + texture, so expect both BBL responses + MOXI resurfacing effects.

What to Expect

- Day 0–1:
 - Redness, warmth, and mild swelling (sunburn-like sensation)
- Day 1–3:
 - Pigmented spots may darken (“coffee-ground” appearance)
 - Skin may feel tight and slightly rough
- Day 2–5:
 - Development of MENDS (sandpaper texture) from MOXI
 - Skin may appear bronzed or feel dry
- Day 5–7:
 - Pigment and MENDS will flake off naturally, revealing brighter, smoother skin

| Do not pick, scrub, or exfoliate

Skincare & Healing

- Use a gentle cleanser and hydrating moisturizer
- Keep skin well hydrated
- Apply cool compresses as needed
- Avoid:
 - Retinoids, Vitamin C, and exfoliating acids for 5–7 days
 - Harsh or active skincare until fully healed

Activity & Heat Restrictions

Avoid for 24–48 hours:

- Exercise or heavy sweating
- Hot showers directly on the face
- Saunas, steam rooms, and hot tubs

Sun Protection (CRITICAL)

- Avoid direct sun exposure during healing
- Apply SPF 30+ daily and reapply every 2 hours
- Wear hats and protective clothing

Makeup

- You may apply mineral makeup after 24 hours, if skin is not irritated

When to Contact RN Esthetics

Please notify us if you experience:

- Blistering, oozing, or crusting
- Excessive swelling or discomfort
- Signs of infection
- Any unexpected or concerning reaction

Pro Tip

BBL + MOXI is ideal for maintaining a clear, even, glowing complexion year-round. A series of treatments combined with medical-grade skincare will maximize and maintain your results.