



BBL Phototherapy

Pre-Treatment Instructions

ONE WEEK BEFORE YOUR BBL PHOTOTHERAPY APPOINTMENT:

Begin any preventative therapies for Herpetic Breakouts or other preventative therapies you have been instructed to follow.

Inform Montrose Dermatology if your health status and/or medication has changed between your intake/consultation and your scheduled appointment.

Using a tanning bed before or after treatment will likely cause hyper/hypopigmentation or scarring in the treated area and is not permitted.

Avoid these products and/or procedures for one entire week prior to your treatment:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- Sun Exposure / Self Tanners
- Retin-A
- Renova
- Differin (Adapalene 0.1%)
- Tazorac
- Or any product containing Retinol

THREE DAYS BEFORE YOUR BBL PHOTOTHERAPY APPOINTMENT:

Stop using:

- Any products containing AHA or BHA, or any product containing benzyl peroxide
- Any exfoliating products that may be drying or irritating

THE DAY OF YOUR BBL PHOTOTHERAPY APPOINTMENT:

- Avoid caffeine.
- Arrive for your appointment with clean, dry skin in the treatment area.

Please do not hesitate to call the office if you have any questions



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Post-Treatment Instructions

- For optimal results, please use the post treatment kit products given to you by your provider and follow the enclosed instructions.
- Keep treated area clean, moist, and protected from the sun. Cleanse morning and evening. Moisturize morning and evening. Use sunscreen (SPF30+) at all times when exposed to the sun.
- Moisturize frequently to avoid excessive dryness / tightness.
- Wash gently using your finger tips and tepid water. Blot dry. Do not wipe, rub, or use a scrub on the treated area until day three.
- Cold compresses or ice packs may be used to provide comfort.
- Do not shave the treated area for at least 24 hours after the treatment or if it is still inflamed or irritated.
- Avoid any irritating medications or chemicals like Retin-A, Benzol Peroxide, Glycolic Acids, or astringents for one week.
- Avoid all sun exposure for 24 hours post treatment.
- Makeup may be applied as soon as immediately after the treatment as long as skin integrity has not been compromised.
- Minimize sun exposure for 72 hours post treatment. Apply sunscreen every day.
- Using a tanning bed before or after treatment will likely cause hyper/hypopigmentation or scarring in the treated area and is not permitted.
- In the unusual case of crusting or blistering, please contact our office.

Over Please 



IF *BROWN SPOTS* ARE THE TARGET:

- The spots will appear significantly darker, come to the surface of the skin and slough off. This process takes 7 – 21 days.

IF *RED VESSELS* ARE THE TARGET:

- The treatment causes the vessels to shut down and the body continues to absorb the destroyed vessel remnants.
- There will be redness and swelling. This typically lasts 1- 14 days.
- To achieve the best possible outcome the following need to be adhered to for 72 hours post treatment:
 - DO NOT raise your body temperature
 - DO NOT increase your heart rate
 - DO NOT perspire
 - NO NOT use hot tubs or saunas
 - NO SMOKING of any kind