

## **AFTERCARE – BBL / IPL Photo Therapy**

Following your BBL Photo therapy treatment, your skin may feel like it has a slight sunburn for a few hours. You may experience erythema (redness), edema (swelling), and some discomfort of the treated areas for several hours or up to 3 days post-treatment. You may experience some purpura (purpleish spots or patches) in treated areas, which would be expected to resolve within several days. If you experience itching after treatment, you may use over the counter topical hydrocortisone cream.

After treatment, your skin may appear slightly reddened which subsides rather quickly. Mild swelling may occur. You may use cold or ice packs, in 10-minute intervals, as needed for comfort and to relieve swelling. Should swelling occur, application of an ice pack (10 minutes on, 10 minutes off) multiple times in the first 24 hours will help minimize the swelling.

We will apply a laser balm immediately after your treatment. For a few days after your treatment, use a mild cleanser (such as Elta Foaming Cleanser or Cetaphil), a mild moisturizer and the zinc oxide sunscreen we have recommended for you. If desired, you may use makeup immediately on the treated area, as long as the skin is not broken, blistered, or irritated.

Avoid hot baths or showers, aerobic exercise, massage, harsh cleansers, exfoliants and chemicals on the treated area for 48 hours following treatment. Be gentle to the skin gently for the first four or five days following treatment.

You can resume your normal skin care routine including Retin A, one week post procedure.

Avoid sun exposure to the treated area for 4-6 weeks following the treatment. Tanning after treatment sessions may enhance melanin regeneration, which may result in hyper-pigmentation or other side effects.