

## **BBL Photofacial: Pre and Post-Treatment Guidelines**

### **\*\*Pre-Treatment:\*\***

1. **\*\*Avoid Sun Exposure:\*\*** Stay out of the sun for at least 2-4 weeks before your BBL Photofacial. Tanned or sunburned skin may increase the risk of side effects.
2. **\*\*Discontinue Certain Products:\*\*** Stop using any retinol, glycolic acids, or other exfoliating products 3-5 days prior to treatment.
3. **\*\*No Tanning or Self-Tanners:\*\*** Avoid tanning beds or applying self-tanning products for at least 2 weeks before your session.
4. **\*\*Stay Hydrated:\*\*** Drink plenty of water to keep your skin hydrated for optimal results.
5. **\*\*No Makeup on the Day of Treatment:\*\*** Arrive with a clean face, free from makeup, lotions, or creams.

### **\*\*Post-Treatment:\*\***

1. **\*\*Sun Protection:\*\*** Apply a broad-spectrum SPF 30+ sunscreen daily and avoid direct sun exposure for at least 2 weeks.
2. **\*\*Moisturize:\*\*** Use a gentle moisturizer to soothe the skin and help with the healing process.
3. **\*\*Avoid Hot Water and Heat:\*\*** Refrain from hot showers, saunas, or strenuous activities for at least 48 hours to reduce redness and irritation.
4. **\*\*No Exfoliating Products:\*\*** Avoid exfoliating or harsh skin products for 5-7 days post-treatment.
5. **\*\*Expect Minor Redness:\*\*** Mild redness or swelling is normal and usually subsides within a few hours to a day.
6. **\*\*Results:\*\*** Gradual improvement will occur over the next few weeks, with skin appearing smoother and more even-toned.

Following these guidelines ensures you get the best results from your BBL Photofacial while minimizing the risk of adverse effects.