



REVIVAL DERMATOLOGY

Post Procedure Instructions

BBL/LASER HAIR REMOVAL INSTRUCTIONS

Before your hair removal

Avoid direct sun exposure for four to one month prior to treatment.

Do not apply self-tanners or spray tans for one month prior to treatment.

Do not wax, tweeze, or use depilatory creams on the treatment area for one month prior to treatment.

Do not use a retinoid on the skin for one week prior to your treatment.

If you have a history of fever blisters, please let us know so that we may write you a prescription for prophylactic antiviral therapy to start on the day of treatment to prevent a flare-up.

You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.

Photosensitizing medications including doxycycline should be discontinued three days prior to treatment. Please shave the area to be treated on the day prior to your appointment.

After your hair removal

- BBL/Laser-treated hairs will still be visible after your treatment. However, they are now injured or destroyed at the level of the hair follicle (“root”) and will soon fall out (usually, within the next 2-5 days up to 2 weeks).
- The treated area may redden and/or swell somewhat. A mild sunburn sensation may be noticed for up to several hours after treatment. This is caused by the BBL/laser energy, and represents inflammation, and not infection. It is normal and an expected part of the healing process.
- While the BBL/laser usually leaves the overlying skin intact, avoid manipulating the treated area for the first week after treatment. No dressing is usually needed. However, if the treated area blisters, scales or scabs up, keep the healing area moist with Aquaphor or Cerave Healing Ointment twice daily.
- You may see purpura (bruising or red-purple color) in some treated areas, which will last 7-10 days on average.
- Please use a moisturizer and sunscreen over the treated area daily. Makeup is permitted, but be very gentle when applying or removing it, as rough removal of makeup can increase the incidence of post treatment complications. Do not rub, scratch, or pick the area(s).
- No shaving of the treated area for 3 days post treatment. No waxing or plucking during the treatment course. Avoid tight elastic at the leg for several days after treatment of the bikini area to prevent rash or blistering from rubbing/irritation.
- You may get the treated area wet, but be very gentle when drying it. Pat dry after bathing/showering. Swimming is generally permitted after 2-3 days (if no crusts) or once all crusts have fallen off (usually, 5-10 days – if any crusts are present).
- You may help relieve any swelling by applying an ice pack wrapped in a soft cloth.
- Leave this on the treated area for 10-15 minutes per each hour for several or more hours.

PRECAUTIONS

- If the treated area becomes increasingly tender, red, swollen and/or purulent,
- contact our office immediately as this may represent an infection that may require treatment.

