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Pre & Post-Operative BBL Permanent Hair Reduction Instructions

Instructions Prior to Hair Reduction

1. **ABSOLUTELY** avoid any type of sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.**
2. Do not use any self-tanning lotions in the month prior to treatment.
3. Stop using Retin-A, Renova, Differin, for one week prior to treatment if having a treatment on your face.
4. Please inform us if you have any history of “herpes”, “cold sores”, or “fever blisters”. In such instances, we recommend taking Valtrex 500mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment. Like sunlight, laser light may cause a cold sore or fever blister to form leading to more serious complications.
5. We need you to avoid plucking, waxing, or using depilatories (hair removal creams), for at least 1 month prior to treatment. Shaving however, is acceptable.
6. We also ask you to have a close shave the day before or the day of your treatments.

Instructions Following Hair Reduction

1. Intense burning, redness, warmth, and a sunburned sensation are normal responses following BBL™ hair reduction treatments. The discomfort and redness generally last 2-4 hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for pain.
2. If the skin is broken or blisters appear, apply an antibiotic ointment 2-3 times daily to the affected area. Blisters rarely occur, but if present the area should be treated with care and kept well lubricated to prevent crusting or scabbing of tissue.
3. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT.** A total sun block containing zinc oxide or titanium dioxide should be applied daily if the treatment area is exposed to the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as severe blistering and permanent skin discoloration.
4. For patients who have a history of “herpes”, “cold sores”, or “fever blisters”, you should be taking an anti-viral medication such as Valtrex or Famvir for 5 days starting on the day before your treatment.
5. The treated hairs may take 7-14 days to shed and may appear to be “growing” during this time. You may shave the treated area after 3 days following treatment.
6. Remember, permanent hair reduction always requires multiple treatments to be effective. Treatments are done 4-6 weeks apart. Do not pluck, wax, use chemical depilatories, or have electrolysis done between treatments.
7. Please go to Realself.com and evaluate both your procedure Permanent Hair Reduction and our office (under Dr. Teresa Mann). This is a website where real people find, share and discuss their experience with cosmetic procedures.