



BBL/Moxi Laser Pre-Treatment and Post-Treatment Care

Congratulations! You have decided to take the laser/light approach to beautiful and younger looking skin. These pre & post care instructions are intended to guide you through the treatment process and get you on your way to gorgeous!

What to do before your treatment?

Use sunscreen & physical sun protection. Avoid extended sun exposure such as the beach, travel to sunny locations, sunbathing & sports outdoors.

Inform your clinician if any physician has ordered Accutane for you in the last six months or any medical conditions or medications you are taking that might sensitize you to light, affect the wound healing or affect coagulation.

What to Expect & What You Should Do

Feeling of warmth – The treatment area may be warm for 1–2 hours after the treatment. Warmth may continue 12–24 hours after the treatment. Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief & much needed moisture to the skin.

Redness (erythema) - Normal and expected. Can persist for up to 7 days depending on the intensity of your treatment. Use a gentle cleanser and keep your skin moisturized and out of the sun which will allow your skin to heal and limit further stress to the skin.

MENDS – Microscopic epidermal necrotic debris will appear on the 2nd or 3rd day after treatment as tiny dark spots and a bronzed appearance to the treated skin. MENDS are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do NOT pick at your skin.

Possible side Effects

Swelling can occur and is typically expected immediately after treatment. Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in a more upright

position for the first 2–3 nights after treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2–4 days.

Patient Post- Care Instructions

Cleansing - Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after treatment. Use your hands and gentle patting motions. Do not rub, scrub, use exfoliants or skin care brush such as a Clarisonic on the treated skin.

Moisturizer - Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. Do not apply any other products that were not instructed by your skin care specialist.

Sunscreen – DO NOT expose your skin to direct sun exposure for 14 days. Sunscreen is a must and should be used daily beginning the day after treatment and used consistently for up to three months post procedure. Use a physical sunscreen with broadband UVA and UVB protection and an SPF of 30. Be sure to reapply during sun exposure.

Tips & Tricks

Use soft cleansing cloths and soft towels to avoid any scrubbing.

Make-up can be worn 24 hours after your treatment.

Wear a wide brimmed hat or protective clothing for one month after treatment.

Avoid strenuous exercise and sweating for at least 24 hours, use gentle patting to wipe the sweat off treated skin.

For general post treatment discomfort, an over-the counter oral pain reliever such as extra strength Tylenol might be prescribed by your doctor. If an antiviral was prescribed continue to take as directed.

Avoid scratching and itching as scarring and pigmentation complications can occur.

If treated area is especially warm within the first 12 hours after the treatment, a cold compress or ice pack can be used to provide comfort.

If the skin appears red or swollen sunburn sensation, an ice pack can provide comfort same as vitamin E or aloe vera applied to the treatment area.

While the skin is healing avoid anything that will irritate the skin, such as exfoliants, shaving, too hot or too cold water and swimming pools and spas with multiple chemicals and chlorine.

Warning

In the unusual case of broken skin or blistering, contact the office immediately. Keep the affected area moist and avoid direct sunlight.

There may be some degree of swelling immediately post treatment, however it is recommended that you contact your doctor if you experience excessive swelling or any of the following signs of infection, including:

Drainage (looks like pus)

Increased warmth at or around the treated area

Fever

Extreme itching

A quality skin care regimen is essential!

You are already taking a big step to help improve the overall look of your skin, and now may be the time to establish or revamp your morning & evening skin care routine. Daily anti-aging skin care is shown to affect significant improvements in skin tone, fine lines, smoothness, and luminosity. Gentle cleanser, moisturizer with SPF protection, and exfoliation will help maximize your results for a more youthful appearance. We recommend Kiss Skin RX skin care products to help improve the overall look of your skin. Allow us to set you up with a free consultation with our Aesthetician to customize a regimen suited to your skin needs.

Initials

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