



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

BEFORE BBL

For those new to BBL, or if it's been a while since we last saw you, a pre-treatment consultation is required to ensure it's the right treatment for your skin, as well as address all pre and post care instructions prior to treatment.

- BBL is not suitable if you are pregnant or nursing.
- BBL is not suitable if Isotretinoin (Sotret, Claravis, Amnesteem, and Accutane) has been taken within 6 months.
- If any of the above applies to you, please give us a call so that we can assist you in booking a more suitable treatment.
- If you are prone to cold sores or fever blisters, this treatment may cause a breakout; ask your doctor for a prophylactic treatment such as Valtrex. Please use medication five days before, during, and two days after, or as prescribed by your physician.

2-4 WEEKS BEFORE TREATMENT:

- Avoid prolonged sun exposure as well as self-tanner as we cannot safely treat excessively tanned or sunburned skin.
- Book any injectable treatment (including botox and dermal filler) at least 2 weeks prior to your BBL treatment.

1 WEEK BEFORE TREATMENT:

- Avoid waxing, bleaching, electrolysis, tweezing, or the use of hair removal cream on the area to be treated.
- Discontinue use of prescribed medications that cause photosensitivity (extreme sensitivity to UV light; some anxiety/depression or acne treatments may have this side effect). Always consult your physician before discontinuing or pausing the use of any prescribed medications.

1-3 DAYS BEFORE TREATMENT:

- Avoid blood-thinning medication (e.g. Aspirin, ibuprofen, etc.) to minimize the risk of swelling. Always consult your physician before discontinuing or pausing the use of any prescribed medications.
- Avoid use of AHA's, BHA's, Retinoids, exfoliating scrubs, Benzoyl Peroxide or Hydroquinone for 24 hours prior to treatment.

AFTER BBL

IMMEDIATELY FOLLOWING TREATMENT:

- The treated area may be warm for 1-2 hours after the treatment and may continue for 12-24 hours after the treatment. A cold compress may be used.
- You may experience some redness and swelling in the treated area following the procedure, but this should subside within a few days.
- Makeup can be applied if needed, For best results leave the face clear until the following morning.

1-3 DAYS FOLLOWING TREATMENT:

- Avoid anything that causes sweating or flushing - this includes strenuous activities, hot temperatures, saunas, and hot baths/ showers.
- Sunscreen and sun avoidance are key. Your skin may feel tender like a sunburn.
- Avoid anything that will irritate your skin, such as exfoliants, shaving, too cold/ too hot water, chlorinated swimming pools/spa, topical acne products.
- Avoid using skincare that contains active ingredients such as retinol, AHA's, BHA's or other exfoliants. Focus on soothing and hydrating products.
- You may start to notice a darkening of some hyperpigmented spots; these spots will start to feel a bit rough and look like coffee grounds; after a few more days they will naturally fall off. It is important you do not pick or peel them.

SKINCARE RECCOMENDATIONS:

CLEANSING:

Cleanse the skin two times a day (morning and evening), using a gentle cleanser and lukewarm water. Apply the cleanser using light circular motions, rinse well and gently pat the skin dry with a clean towel. **DO NOT** rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

MOISTURIZER:

Moisturizer should be applied in a thin, even layer with clean hands over the treated area and reapplied whenever your skin feels dry. **DO NOT** apply any other products that were not instructed by your practitioner - eg. essential oils, coconut oil, etc.

SUNSCREEN:

Sunscreen is a **MUST** and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with a broad spectrum UVA and UVB protection and an SPF of at least 30. Be sure to reapply every two hours if you're spending time outdoors.

Remember that one is a treat, 3 to 5 is a treatment. Best results present themselves after 3-5 rounds of BBL spaced 3-4 weeks apart.

Everyone's skin is different and your results and recovery time may vary.

We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

Your Best Friend in Skincare