



BBL Pre-Treatment Instructions

1. NO make-up please.
2. Please have no recent sun exposure of at least 2 weeks minimum. Please do not have self-tanner on for a minimum of 2 weeks. Having a tan or an artificial tan can alter your results post treatment.
3. Please have your hair tied back if possible.
4. Please STOP the following cosmetic products 72 hours before treatment. Retin-A/ Tretinoin / Benzoyl Peroxide / Glycolic Acid / Salicylic Acid or any retinol product.
5. If you are prone to cold sores (Herpes Simplex A), please notify one of our providers as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
6. If you have a warmer skin tone, we STRONGLY advise to begin a bi-daily (2x/day) topical application of an over-the-counter steroid (such as hydrocortisone 1%). Begin to apply hydrocortisone to the treatment area 1-2 days prior to the day of treatment and continue bi-daily application 1-2 days post treatment but do not apply longer than 7 days in a row.
7. If you have melisma, or are of a darker skin type, please add prescriptive hydroquinone along with vitamin c several weeks before treatment and continue until the completion of your series of BBL.
8. To enhance your results and maintain pigmentation lessening, a bi-daily application of our La Chelé private label Hydroquinone for 3-6 months is recommended. Additionally, a vitamin c can be helpful for hyperpigmentation or melisma such as La Chelé CE Ferulic, La Chelé Radiant C Cream, or Skinmedica Lytera.
9. This light based treatment is designed for minimal downtime and fast recovery. It is mild- moderately uncomfortable during the procedure. Ibuprofen can be taken 30 minutes before your procedure if needed. For best results, complete an initial series of 3 treatments and repeat maintenance treatments once or twice per year.

When you are on your “off” months away from Hydroquinone, supplement with Skin Medica Lytera® Skin Brightening Complex or Skinuva Brightening cream

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