



# FOREVER YOUNG BBL

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Please avoid the use of retinol 4-5 days prior to your treatment.
- Inform Medical Aesthetician if you have been on Accutane in the last 6-8 months.
- Inform Medical Aesthetician or consult with your doctor if you are on any photosensitizing medications that could prolong wound healing, or affect coagulation.
- Avoid antibiotics 2 weeks prior to your treatment.
- Please keep in mind injections can be performed after any BBL treatment. You must wait 1-3 weeks after any filler, PRF or threads and 6 weeks after any Botox/Dysport treatment to receive a BBL treatment.
- Avoid extended sun exposure/UV, i.e. beach, travel to sunny locations, sunbathing, sports, outdoors, long car rides in the sun, etc. 2-4 weeks leading up to treatment.
- You cannot be pregnant or nursing.
- No cold sores, open wounds, or warts in the area to be treated.
- No self-tanner for 2-4 weeks leading up to treatment.

### POST-TREATMENT CARE:

- To maximize your treatment, we recommend using Alastin Regenerating Skin Nectar or Plated Intense Serum and Alastin A-luminate to help with the healing process.
- The area may feel warm for 24 hours after treatment. Apply a cold compress to the skin for comfort as needed.
- Redness and swelling is normal and expected. Redness and swelling generally resolves within 1-5 days post-treatment.
- Darkening of pigment will be present on the skin; followed by flaking or sloughing of the pigmentation 7-10 days post-treatment.
- Avoid makeup for 24-48 hours.
- Avoid exfoliating or scrubbing the skin and using retinol, Vitamin C, and acids for 7-10 days or until skin is completely healed.
- Avoid exercise and high-heat activities for 24-48 hours.
- Protect your skin from the sun for 10-14 days post-treatment.
- Stay well hydrated.
- Avoid alcohol for 72 hours.
- Avoid hot tubs, hot showers, hot baths, saunas, and any excess heat for 5-7 days after treatment.

**If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics) or call/text us at 801-514-7650.**

**Thank you for choosing RUMA Aesthetics!**