



BBL HEROic Pre & Post Care Instructions

BBL HEROic is a non-invasive treatment with virtually no downtime. You may experience mild redness in the treated area, which typically resolves within a few hours.

Treated pigmentation spots may darken for up to 10 days before flaking or fading.

Pre-Care Instructions

To ensure the best results, please follow these guidelines:

- **Avoid sun exposure, tanning, and self-tanner** for 2–4 weeks prior to treatment.
 - **Do not use photosensitizing medications** unless cleared by your provider.
 - **Discontinue retinoids, tretinoin, and glycolic acid** 5–7 days before treatment.
 - **Avoid chemical peels, waxing, or harsh exfoliation** on the treatment area for at least 7 days before.
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Post-Care Instructions

After your treatment, follow these steps to promote healing:

- **Avoid strenuous activities** until skin has healed.
 - **Apply cold compresses** to reduce swelling if needed.
 - **Avoid hot tubs and saunas** for 48–72 hours post-treatment.
 - **Wear broad-spectrum SPF daily** and avoid prolonged sun exposure for 5–7 days.
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✨ **Tip:** Consistent sun protection will help maintain your results and protect your skin long-term.

