

POST-PROCEDURE RECOVERY GUIDE: FOREVER CLEAR BBL

What to Expect After Your Treatment

Following your Forever Clear BBL treatment, you may experience mild redness, warmth, tenderness, or slight swelling in the treated area. These effects are temporary and typically resolve within several hours to a few days.

Some acne lesions may temporarily appear more inflamed before improving as the skin heals and bacteria are reduced. Mild dryness or flaking can also occur during the recovery process.

Post-Treatment Instructions

For the First 24 Hours

- Keep the treated area clean and hydrated
- Apply cool compresses if needed for comfort
- Avoid strenuous exercise and excessive sweating
- Avoid hot tubs, saunas, steam rooms, and hot showers
- Do not touch, pick, or squeeze acne lesions

For The First 3-5 Days

- Use gentle skincare products only
- Avoid exfoliants, retinoids, benzoyl peroxide, glycolic acids, salicylic acids, or harsh acne products unless otherwise instructed
- Avoid waxing or aggressive skin treatments
- Continue using a gentle cleanser and non-comedogenic moisturizer

Sun Protection Is Essential

Your skin will be more sensitive following treatment.

- Avoid direct sun exposure
- Wear broad-spectrum SPF 30+ daily
- Reapply sunscreen regularly when outdoors
- Wear hats and protective clothing when possible

Avoid tanning beds and self-tanning products during the healing process.

Common Side Effects

Temporary side effects may include:

- Redness
- Mild swelling
- Warmth or sensitivity
- Dryness or flaking
- Temporary acne purging or inflammation

Important Healing Instructions

- Do NOT pick or scratch treated skin
- Keep skin moisturized and hydrated
- Makeup may typically be applied after 24 hours if the skin is comfortable and intact
- Follow your provider's recommended skincare regimen carefully

Please contact our office if you experience:

- Blistering
- Severe swelling
- Signs of infection
- Persistent pain or redness
- Unusual skin reactions
- Any symptoms that concern you

Austin Cosmetic Medspa

THE ART AND SCIENCE OF AESTHETIC MEDICINE
BY CHRISTINE FISHER MD

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