



PLASTIC SURGERY



Sciton BBL Hero Pre-Treatment Instructions

At Wingate Plastic Surgery, your comfort and safety are our highest priority. Please review these guidelines carefully to ensure the best possible outcome.

Sciton's BBL HEROic treats

- Sun damage, sun spots, freckles
- Rosacea, small veins, spider veins, cherry angiomas, acne, acne scarring
- Unwanted black or brown hair

How to Prepare:

Avoid prolonged sun exposure, tanning beds, spray tans, or self tanners for 4 weeks prior to treatment.

Discontinue use of exfoliants (glycolic, salicylic) & retinoids 72 hours prior to treatment.

Inform your provider if you have a history of Melasma, recent use of Accutane (within 6 months), or any history of photosensitivity.

If you are prone to cold sores (Herpes Simplex Virus), begin an antiviral (Valtrex) the day before treatment as prescribed.

Let your provider know if you have any tattoos in the treatment areas.

Let your provider know if you are taking melanin-inducing supplements (Melanotan).

Arrive for your appointment with clean, makeup free skin. Gentle skincare and sunscreen are acceptable.

What to expect during treatment:

We will start by cleansing and sanitizing the skin. We will then apply a layer of cooling gel to the treatment areas. You will be provided with goggles to protect your eyes. The treatment will take 15-60 minutes depending on how many areas we're treating. After treatment your provider will put on appropriate skin care. Most patients can return to work immediately after treatment.



P L A S T I C S U R G E R Y



It is completely normal to experience the following after a BBL:

Swelling, redness, tightness, peeling/flaking, itchiness, and/or acne breakouts.

Treated areas may appear darker or more red/purple for 7-14 days. This is a normal and temporary response.

A sunburn-like sensation and swelling may occur for up to 72 hours.

Do not pick, pull, peel or exfoliate any treated areas as this may cause scarring.

Avoid spicy foods and alcohol for the first 24 hours.

Apply Hydrinity Restorative HA/Alastin Nectar/Plated Intense serum.

Avoid wearing makeup over treated areas for 72 hours.

Avoid strenuous exercise for 72 hours.

Avoid shaving and exfoliating for 5-7 days per your provider.

Avoid hot tubs, saunas, and steam rooms for 3-7 days.

Strictly avoid prolonged sun exposure for at least 2 weeks. Daily sunscreen is **required**.

Day of: Bring a wide-brim hat to your appointment to protect your skin. Stay well-hydrated to support your skin's healing process. Avoid alcohol or spicy foods for 24 hours. We recommend sleeping on a clean pillowcase following your treatment to reduce the risk of irritation and bacteria exposure. Sleep with your head elevated to help swelling.

Next Day Skincare

AM: Gently cleanse for 30-60 seconds. Pat skin dry with a soft towel or cloth. Spray Hyacin Activ and let dry for 60 seconds. Apply any post care eg Plated Intense, Hydrinity Restorative HA, or Alastin Nectar. Apply additional skin care ok'd by your provider and always follow up with sunscreen.

PM: Double cleanse with a gentle cleanser. Pat skin dry with a soft towel or cloth. Spray Hyacin Activ and let dry for 60 seconds. Apply any post care eg Plated Intense, Hydrinity Restorative HA, or Alastin Nectar. Apply any additional skincare ok'd by your provider.

Returning to Daily Care

Once your skin has healed and any redness, sensitivity, or peeling has subsided, you may gradually resume your regular skincare routine. Reintroduce active products such as retinoids, exfoliants, or acids slowly and only as

tolerated. Continue using your post-care products as directed until they are finished.

Miscellaneous

Feel free to use your red LED device the next morning after treatment to aid in the healing process.

If you are feeling uncomfortable after treatment, you may take Acetaminophen (Tylenol/Motrin). We do not recommend taking any Ibuprofen or nSAIDs as this may disrupt the healing process.

If you have any questions about your routine please feel free to call the office at 610-813-9335 or email Emily directly at glowteam@wingateplasticsurgery.com.