



Post-Care Instructions for BBL/IPL Laser

Thank you for choosing Reflections Medical Spa for your BBL/IPL laser treatment. Proper aftercare is essential to achieve the best results while ensuring your skin heals safely. Please follow these instructions carefully.

Immediately After Treatment:

- **Redness and Warmth:**
 - Your skin may appear red, swollen, or feel warm, like a mild sunburn. These effects typically subside within a few hours to a day.
- **Avoid Touching:**
 - Do not touch, rub, or scratch the treated area.
- **Cool Compresses (Optional):**
 - Use a clean, cool compress to reduce redness or discomfort.

First 24–48 Hours:

- **Gentle Cleansing:**
 - Wash your face or body with a gentle, non-abrasive cleanser and cool water. Pat your skin dry—do not rub.
- **Moisturize:**
 - Apply a gentle, fragrance-free moisturizer or aloe as needed to soothe and hydrate your skin.
- **Sunscreen is a Must:**
 - Apply a broad-spectrum SPF 30+ or higher sunscreen. Avoid direct sun exposure, as your skin will be more sensitive to UV light.
- **Avoid Makeup:**
 - If possible, avoid makeup for the first 24–48 hours to allow your skin to breathe.

What to Avoid for 7 Days:

- **Exfoliation:**
 - Avoid using retinoids, AHAs, BHAs, or any exfoliating or harsh skincare products.
- **Excessive Heat:**
 - Avoid hot showers, saunas, and strenuous exercise that causes sweating.

- **Sun Exposure:**
 - Avoid direct sunlight. If you must be outdoors, wear a wide-brimmed hat and reapply sunscreen every two hours.
- **Picking or Scrubbing:**
 - Do not pick at or scrub the treated area. If pigmented spots darken or scab, allow them to shed naturally.
- **Hair Removal:**
 - Refrain from waxing, threading, or using depilatory creams on the treated area.

What to Expect:

- **Pigmented Spots:**
 - Dark spots may appear darker initially and will flake or shed within 7–10 days on the face and around 14-28 days on the body (depending on the area). This is a normal part of the treatment process.
- **Skin Sensitivity:**
 - Your skin may feel sensitive to touch, and mild swelling may persist for a few days.
- **Gradual Results:**
 - Skin clarity and tone will continue to improve over the next 4–6 weeks.

Long-term care tips:

- Following a consistent medical-grade skincare routine, as recommended by your provider, can enhance your results and help them last longer.
- Continue using sunscreen daily to protect your results and prevent premature aging.
- Schedule follow-up treatments or consultations for maintenance and enhanced results.
- If you have any concerns or experience unusual symptoms, such as excessive redness, swelling, blistering, discomfort or signs of infection, please contact Reflections Medical Spa immediately at 770-383-3552.

Thank you for trusting us with your skin health!