



The following instructions will help you achieve the best results from your **BBL (Broadband Light)** treatment. Please take a moment to review this information prior to your treatment. If you have a history of fever blisters (cold sores), we recommend taking an anti-viral medication starting 1 day prior to your treatment. Follow your prescription instructions post procedure. See your provider if you require a prescription.

The day you are receiving treatment, please:

- Take 800mg of Ibuprofen OR 1000mg Tylenol 1 hour prior to your appointment.
- If you are having your chest treated, please wear a strapless top.
- If you are having your bottom treated, please wear thong panties.

1 day before receiving treatment, please:

- Shave the area that is being treated (males only).

3-4 days before receiving treatment, please avoid the following:

- Prescription and over the counter topical medication to the proposed treatment site.

3-6 weeks before receiving treatment, please avoid the following:

- Sun or sunless tan products.

Immediately after receiving treatment:

- There may be swelling, redness and mild-sunburn feeling for several days.
- Use cold compress for comfort
- Makeup can be used as long as there is no blistering. Use new makeup to reduce the possibility of infection.
- No picking or scratching the treated skin. Wash with mild soap, do not rub.
- Keep area moisturized.
- Do not use any exfoliates or abrasive cleansers.
- Avoid sun exposure as there is an increased risk of blistering from laser treatments.
- Wear sunscreen SPF 30 or higher.
- Avoid excessive heat or friction until the redness, blistering and crusting resolves.

The Eterna Team