

Laser Patient Instructions

DER MICROLASERPEEL PATIENT INSTRUCTIONS (31010)

MicroLaserPeel® (MLP®)

Patient response can vary after a MLP treatment. Most people have redness and some have swelling within a few minutes after the completion of the procedure. The degree of these symptoms and length of healing time will increase with the depth of your peel.

- ⤴ Redness normally persists for 24 hours – 5 days depending upon the depth of the peel. Sometimes the skin will turn brown before beginning to peel/flake off.
- ⤴ Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. Swelling is typically worst when you first wake up in the morning and around eyes and mouth.
- ⤴ Always wash your hands before touching your face.
- ⤴ If an antiviral was prescribed for you, continue to take as directed.
- ⤴ Post treatment discomfort is typically minimal, but if the area is very uncomfortable, over-the-counter pain relievers such as acetaminophen (regular or Extra Strength Tylenol) may be used. Usually it feels like a sunburn at first, and then becomes tight and dry. You should avoid ibuprofen (Motrin, Advil), naproxen (Aleve), and aspirin for 24 hours after the procedure. You should also avoid these medications (except Tylenol) for a week before any other MLP procedures.
- ⤴ A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. You may also use a spritz bottle filled with cool water. Cooling is typically only needed within the first 12 hours after the treatment.
- ⤴ Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser (such as Cetaphil Gentle Cleanser) beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- ⤴ After cleansing your face, apply an occlusive barrier (Aquaphor Healing Ointment or other balm recommended by your physician), taking care to cover all treated areas. The occlusive barrier is needed to provide a protective layer that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. As a rule of thumb, the occlusive barrier is needed until the skin has peeled and the underlying new skin no longer feels raw, irritated, or dry. Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.** You may change to a bland, fragrance free moisturizer lotion or cream once the skin is no longer sensitive, oozing, or raw.
- ⤴ You can cover your pillow with an old T shirt to keep the ointment off your bed linens.
- ⤴ If the gentle cleanser is not adequately removing the ointment when you wash your face, you may cleanse with a solution of vinegar-water (1-2 tablespoons of white vinegar per cup of water). Sponge or spray this mixture on the area and rinse off.
- ⤴ Men should only shave with an electric razor for the first week (and only if there is no oozing or bleeding). You may resume using blade razor only when the skin is no longer sensitive.
- ⤴ Avoid smoking for 3 weeks after the procedure. You should also avoid smoking for 3 weeks prior to any other procedures that are scheduled.
- ⤴ Peeling and flaking generally begin within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin will help to promote the peeling process, but do not wash more than twice a day. Flaking usually lasts 4-5 days.
- ⤴ The new skin is usually noticeably pink, and may remain pink for up to 2 weeks.

- ⤴ **Avoid sun exposure or tanning for at least 4 weeks after treatment.** You will need to avoid sun exposure and tanning at least for 2 weeks before any future MLP treatments.
- ⤴ Once skin has healed (no longer wearing the occlusive barrier), you may begin to wear makeup. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any discoloration issues that could be caused by direct and indirect sunlight.
- ⤴ When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area. Also do not let hairspray get on the treated skin until it has healed.
- ⤴ Avoid overheating and sweating until after skin has healed. This includes strenuous exercise, saunas, steam rooms, hot tubs, or hot showers. Do not swim for the first week.
- ⤴ Mild itching is not uncommon during healing, but, if it becomes bothersome, you may use over the counter hydrocortisone 1% cream as needed. For severe itch unrelieved by hydrocortisone cream or for rash, contact the office.

Warning: Some redness, swelling, and warmth is normal immediately after treatment. If it becomes excessive or if you experience any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- ⤴ Drainage that looks like pus
- ⤴ Sudden increase in warmth at or around the treated area
- ⤴ Fever of 101.5 degrees F or greater
- ⤴ Severe pain

Contact Numbers

Laser Technician 246-9741

Appointment Line 246-6000

Dr. Jeffrey Frederic 246-4443

Dr. Stephanie Frederic 246-4446

Dr. Scott Jackson 246-5153

Dr. Courtney Murphy 246-4580

Dr. Jan Wampold 246-9332

DER BROADBAND LIGHT PATIENT INSTRUCTIONS (31011)

Phototherapy – BBL™ BroadBand Light

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

- ⤴ Until sensitivity has completely subsided, avoid all of the following:
 - Use of scented lotions or soaps, exfoliating creams or scrubs, topical retinoids (including Retin A, Differin, Atralin, Avita, Ziana, Veltin), glycolic/salicylic acids, fruit/alpha- hydroxy acids, or topical acne medications
 - Use of loofahs, Clarisonics, or aggressive scrubbing
 - Hot or cold water - wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities that cause overheating or excessive perspiration. This includes strenuous exercise, saunas, steam rooms, hot tubs, or hot showers. Do not exercise at all for 48 hours.
- ⤴ A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. You may also use a spritz bottle filled with cool water. Cooling is typically only needed within the first 12 hours after the treatment. Do not apply creams or ointments until the skin no longer feels warm to the touch, as these can retain the heat on the skin.
- ⤴ Skin may be red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to a few days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling. Swelling is typically worst when you first wake up in the

morning.

- ⤴ Once the skin is cool, Vitamin E or Aloe Vera may be applied to the treatment area to provide a soothing effect. Post treatment discomfort is typically minimal, but if the area is very uncomfortable, over-the-counter pain relievers such as acetaminophen (regular or Extra Strength Tylenol) may be used. You should avoid ibuprofen (Motrin, Advil), naproxen (Aleve), and aspirin for a week after the procedure. You should also avoid these medications (except Tylenol) for a week before any other BBL procedures.
- ⤴ Treated freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction. Do not scrub or exfoliate any flaking areas, as this increases the risk of infection and the possibility that you will heal with discoloration.
- ⤴ There may be redness and mild swelling around any treated blood vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.
- ⤴ Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- ⤴ If you experience any crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- ⤴ If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- ⤴ Mild itching is not uncommon during healing, but, if it becomes bothersome, you may use over the counter hydrocortisone 1% cream as needed. For severe itch unrelieved by hydrocortisone cream or for rash, contact the office.
- ⤴ **Strictly avoid any sun exposure or tanning to the treated area for a minimum of 4 weeks after the procedure.** The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- ⤴ If in the middle of a series of BBL PhotoTherapy treatments, sun exposure should be avoided between treatments (or at least 4 weeks before the next treatment), and a sunblock should be used on a daily basis.
- ⤴ Subsequent treatments are based upon your clinician's recommendation and are typically 2-4 weeks apart.

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Dr. Courtney Murphy 246-4580

Dr. Jan Wampold 246-9332

DER PROFRACTIONAL PATIENT INSTRUCTIONS (31012)

ProFractional-XC™

If you have had a combination MLP® and ProFractional-XC treatment, follow MLP post instructions.

Patient response can vary after a ProFractional treatment. Redness, swelling, and pinpoint bleeding or oozing are normal and occur within a few minutes of the procedure. The degree of symptoms and healing time will increase with the depth and intensity of your treatment.

- ⤴ Redness normally persists for 24 hours – to 3 days depending upon the depth of the treatment. Sometimes the treated skin will turn brown before beginning to peel or flake off.

- ⤴ Oozing may persist for 24 hours after the treatment.
- ⤴ Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. Swelling is typically worst when you first wake up in the morning and around eyes and mouth.
- ⤴ Always wash your hands before touching your face.
- ⤴ If an antiviral was prescribed for you, continue to take as directed.
- ⤴ Post treatment discomfort is typically minimal, but if the area is very uncomfortable, over-the-counter pain relievers such as acetaminophen (regular or Extra Strength Tylenol) may be used. Most people experience a sunburn-like sensation, which then may become tight and dry, and then sandpapery. You should avoid ibuprofen (Motrin, Advil), naproxen (Aleve), and aspirin for 24 hours after the procedure. You should also avoid these medications (except Tylenol) for a week before any other ProFractional procedures.
- ⤴ A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. You may also fill a spritz bottle with cool water to use as needed. Cooling is typically only needed within the first 12 hours after the treatment.
- ⤴ Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, such as Cetaphil, Gentle Cleanser, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water, and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- ⤴ After cleansing your face, apply an occlusive barrier, such as Aquaphor Healing Ointment or other balm recommended by your physician, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective layer that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Typically, the occlusive barrier is only needed 24 – 48 hours. Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.** You may change to a bland, fragrance free moisturizer lotion or cream once the skin is no longer sensitive, oozing, or raw.
- ⤴ You can cover your pillow with an old T shirt to keep the ointment off your bed linens.
- ⤴ If the gentle cleanser is not adequately removing the ointment when you wash your face, you may cleanse with a solution of vinegar-water (1-2 tablespoons of white vinegar per cup of water). Sponge or spray this mixture on the area and rinse off.
- ⤴ Although some people will only feel sandpapery, flaking and/or peeling may occur after the first 24 hours and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin will help with roughness and flaking, but do not wash more than twice a day.
- ⤴ In some patients, the new skin may be noticeably pink for up to two weeks after healing
- ⤴ **Avoid sun exposure or tanning for at least 4 weeks after treatment.** You will need to avoid sun exposure and tanning for at least 4 weeks before any future ProFractional treatments.
- ⤴ Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any discoloration that could be caused by direct and indirect sunlight.
- ⤴ When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area. Also do not let hairspray get on the treated skin until it has healed.
- ⤴ Avoid getting overheated and sweating until after skin has healed. This includes strenuous exercise, saunas, steam rooms, hot tubs, or hot showers. Do not swim for the first week.
- ⤴ Men should avoid shaving until skin is no longer oozing/bleeding and should only shave with an electric razor for the first week. You may resume using a blade razor only when the skin is no longer sensitive.
- ⤴ Avoid smoking for 3 weeks after the procedure. You should also avoid smoking for 3 weeks prior to any other procedures that are scheduled.
- ⤴ Mild itching is not uncommon during healing, but, if it becomes bothersome, you may use over

the counter hydrocortisone 1% cream as needed. For severe itch unrelieved by hydrocortisone cream or for rash, contact the office.

- ⤴ ProFractional treatments are usually performed in a series. Your next treatment will typically be within 4-6 weeks.

Warning: Some redness, swelling, and warmth is normal immediately after treatment. If it becomes excessive or if you experience any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- ⤴ Drainage that looks like pus
- ⤴ Sudden increase in warmth at or around the treated area
- ⤴ Fever of 101.5 degrees F or greater
- ⤴ Severe pain

Contact Numbers

Laser Technician 246-9741

Appointment Line 246-6000

Dr. Jeffrey Frederic 246-4443

Dr. Stephanie Frederic 246-4446

Dr. Scott Jackson 246-5153

Dr. Courtney Murphy 246-4580

Dr. Jan Wampold 246-9332

DER LASER RESURFACING PATIENT INSTRUCTIONS (31013)

Erbium Laser Resurfacing

Patient response can vary after a Laser Resurfacing treatment. Laser Resurfacing is a peel whose precise depth has been determined based on your concerns and the condition of your skin. Typically, the depth of the peel is in the dermis (lower layer of your skin). Redness and swelling typically occur within a few minutes after the completion of the procedure. The degree of symptoms and length of healing time will increase with the depth of your peel. Your physician has customized your treatment for your skin condition, so some areas may have more sensitivity.

- ⤴ Redness normally persists for 8 – 12 days depending upon the depth of the peel.
- ⤴ Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. Sleeping on your back with an elevated pillow will also help prevent the creation of prematurely peeling skin. Swelling is typically worst when you first wake up in the morning, is worst around eyes and mouth, and may move down to the neck as gravity pulls the fluid down.
- ⤴ Always wash your hands before touching your face.
- ⤴ If an antiviral and/or antibiotic was prescribed for you, continue to take as directed.
- ⤴ Post treatment discomfort may be relieved by over the counter over-the-counter pain relievers such as acetaminophen (regular or Extra Strength Tylenol) or prescribed pain medication if ordered by the doctor. You should avoid ibuprofen (Advil, Motrin), naproxen (Aleve), or aspirin for 24 hours after the procedure. You may take over-the-counter diphenhydramine (Benadryl) for any itching, but it may make you drowsy.
- ⤴ A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. You may also use a spritz bottle filled with cool water. This is typically only needed within the first 12 – 24 hours after the treatment.

- ⤴ Oozing or seeping of clear fluid (it also may be clear yellow or light pink) may occur if the peel is a deep one. This can last for 24-72 hours depending on the treatment depth. This is part of the normal healing process. After the procedure, a layer of ointment or cream was applied to the treated area. This layer may mix with the oozing material and can be dabbed off with clean gauze. Be careful not to rub or scrub the treated area.
- ⤴ Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser such as Cetaphil, Gentle Cleanser, beginning the morning after the treatment. Use your hands (**not** a washcloth) to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area. You may have a few spots of bleeding, which you may dab with a clean gauze or towel.
- ⤴ After cleansing your face, apply an occlusive barrier (Aquaphor Healing Ointment or other physician-recommended balm), taking care to cover all treated areas. The occlusive barrier is needed to provide a protective layer that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.** Healing occurs more rapidly if the skin surface is kept moist and protected. Continue to apply the occlusive barrier until the skin has fully healed and is no longer oozing, raw, or irritated.
- ⤴ You can cover your pillow with an old T-shirt to keep the ointment off your bed linens.
- ⤴ If the gentle cleanser is not adequately removing the ointment when you wash your face, you may cleanse with a solution of vinegar-water (1-2 tablespoons of white vinegar per cup of water). Sponge or spray this mixture on the area and rinse off.
- ⤴ When showering, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water. Also avoid getting hairspray on the treated skin.
- ⤴ Peeling and flaking may begin after the first 24 hours and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin will help to promote the peeling process, but should not be done more than twice a day.
- ⤴ **Avoid sun exposure or tanning for at least 4 weeks after treatment.** You will need to avoid sun exposure and tanning for at least 4 weeks before any future Laser Resurfacing treatments.
- ⤴ Mild exercise is permitted on day 5, but avoid heavy perspiring until day 7 (or until the skin has healed). Do not go swimming for the first 2 weeks.
- ⤴ Men should avoid shaving until skin is no longer oozing/bleeding and should only shave with an electric razor for the first two weeks. You may resume using a blade razor only when the skin is no longer sensitive.
- ⤴ Avoid smoking for 3 weeks after the procedure. You should also avoid smoking for 3 weeks prior to any other procedures that are scheduled. Avoid alcohol for 1 week after the procedure.
- ⤴ Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. This is usually after the first week. If you are able to wear makeup, a sunblock

should be worn on a daily basis to help prevent any discoloration issues that could be caused by direct or indirect sunlight. Sun block should be used vigilantly for up to 3 months after the procedure.

- ⤴ The new skin is usually very pink, and may remain pink for up to 6-12 weeks.
- ⤴ Mild itching is not uncommon during healing, but, if it becomes bothersome, you may use over the counter hydrocortisone 1% cream as needed. For severe itch unrelieved by hydrocortisone cream or for rash, contact the office.

Warning: Some redness, swelling, and warmth is normal immediately after treatment. If it becomes excessive or if you experience any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- ⤴ Drainage that looks like pus
- ⤴ Sudden increase in warmth at or around the treated area
- ⤴ Fever of 101.5 degrees F or greater
- ⤴ Severe pain
- ⤴ Extreme itching

Contact Numbers

Laser Technician 246-9741
Appointment Line 246-6000
Dr. Jeffrey Frederic 246-4443
Dr. Stephanie Frederic 246-4446

Dr. Scott Jackson 246-5153
Dr. Courtney Murphy 246-4580
Dr. Jan Wampold 246-9332

DER LASER HAIR REDUCTION PATIENT INSTRUCTIONS (31014) **Laser Hair Reduction**

Patient response can vary after a hair reduction treatment. Redness and swelling around the hair follicles in the treated area may occur within a few minutes after the completion of the procedure and typically completely resolve within 24-48 hours. A sunburn sensation in the area treated is also normal and expected.

The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.
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- ⤴ Until sensitivity has completely subsided, avoid all of the following:
 - Use of scented lotions or soaps, exfoliating creams or scrubs, topical retinoids (including Retin A, Differin, Atralin, Avita, Ziana, Veltin), glycolic/salicylic acids, fruit/alpha- hydroxy acids, or topical acne medications
 - Use of loofahs, Clarisonics, or aggressive scrubbing
 - Hot or cold water - wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities that cause overheating or excessive perspiration. This includes strenuous exercise, saunas, steam rooms, hot tubs, or hot showers.
- ⤴ A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. You may also use a spritz bottle filled with cool water. Cooling is typically only needed

within the first 12 hours after the treatment. Do not apply creams or ointments until the skin no longer feels warm to the touch, as these can retain the heat on the skin.

- ⤴ Once the skin has cooled, Vitamin E or Aloe Vera may be applied to the treatment area to provide a soothing effect. Post treatment discomfort is typically minimal, but if the area is very uncomfortable, over-the-counter pain relievers such as acetaminophen (regular or Extra Strength Tylenol) may be used. You should avoid ibuprofen (Motrin, Advil), naproxen (Aleve), and aspirin for a week after the procedure.
- ⤴ If any crusting occurs in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- ⤴ If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- ⤴ Mild itching is not uncommon during healing, but, if it becomes bothersome, you may use over the counter hydrocortisone 1% cream as needed. For severe itch unrelieved by hydrocortisone cream or for rash, contact the office.
- ⤴ Do not use any other hair removal methods or products (such as tweezing, waxing and depilatories) on the treated area during the course of your laser treatments, as it will prevent you from achieving your best results. You may shave up to 24 hours before your next laser appointment.
- ⤴ **Strictly avoid any sun exposure or tanning beds to the treated area for a minimum of 4 weeks after the procedure.** The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- ⤴ If in the middle of a series of Laser Hair Reduction treatments, sun exposure should be avoided between treatments (or at least 4 weeks before the next treatment), and a sunblock should be used on a daily basis.
- ⤴ Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment. Do not be alarmed if hairs appear to be “growing” during this time.
- ⤴ Subsequent treatments are based upon your clinician’s recommendation and are typically 4-8 weeks apart. The number of treatments needed will depend upon the body location, the amount of hair present, the character of the hair, and your skin type.

Contact Numbers

Laser Technician 246-9741

Appointment Line 246-6000

Dr. Jeffrey Frederic 246-4443

Dr. Stephanie Frederic 246-4446

Dr. Scott Jackson 246-5153

Dr. Courtney Murphy 246-4580

Dr. Jan Wampold 246-9332

DER BBL LASER HAIR REDUCTION PATIENT INSTRUCTIONS (31015)

Hair Reduction – BBL™ BroadBand Light

Patient response can vary after a hair reduction treatment. Redness and mild swelling around the hair follicles in the treated area usually occurs within a few minutes after the completion of the procedure and typically resolve completely within 24-48 hours. A sunburn-like sensation in the area treated is also typical.

The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.
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- ⤴ Until sensitivity has completely subsided, avoid all of the following:
 - Use of scented lotions or soaps, exfoliating creams or scrubs, topical retinoids (including Retin A, Differin, Atralin, Avita, Ziana, Veltin), glycolic/salicylic acids, fruit/alpha- hydroxy acids, or topical acne medications

- Use of loofahs, Clarisonics, or aggressive scrubbing
- Hot or cold water - wash with tepid water
- Shaving
- Swimming pools and spas with multiple chemicals/chlorine
- Activities that cause overheating or excessive perspiration. This includes strenuous exercise, saunas, steam rooms, hot tubs, or hot showers. Do not exercise at all for 48 hours.
- ⤴ A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. You may also use a spritz bottle filled with cool water. Cooling is typically only needed within the first 12 hours after the treatment. Do not apply creams or ointments until the skin no longer feels warm to the touch, as these can retain the heat on the skin.
- ⤴ Once the skin is cool, Vitamin E or Aloe Vera may be applied to the treatment area to provide a soothing effect. Post treatment discomfort is typically minimal, but if the area is very uncomfortable, over-the-counter pain relievers such as acetaminophen (regular or Extra Strength Tylenol) may be used. You should avoid ibuprofen (Motrin, Advil), naproxen (Aleve), and aspirin for a week after the procedure. You should also avoid these medications (except Tylenol) for a week before any other BBL procedures.
- ⤴ If there is any crusting in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- ⤴ If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- ⤴ Do not use any other hair removal methods or products (such as tweezing, waxing and depilatories) on the treated area during the course of your laser treatments, as it will prevent you from achieving your best results. You may shave up to 24 hours before your next laser appointment.
- ⤴ **Strictly avoid any sun exposure or tanning beds to the treated area for a minimum of 4 weeks after the procedure.** The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- ⤴ If in the middle of a series of BBL Hair Reduction treatments, sun exposure should be avoided between treatments (or at least 4 weeks before the next treatment), and a sunblock should be used on a daily basis.
- ⤴ Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment. Do not be alarmed if treated hairs appear to be “growing” during this time.
- ⤴ Mild itching is not uncommon during healing, but, if it becomes bothersome, you may use over the counter hydrocortisone 1% cream as needed. For severe itch unrelieved by hydrocortisone cream or for rash, contact the office.
- ⤴ Subsequent treatments are based upon your clinician’s recommendation and are typically 4-8 weeks apart. The number of treatments needed will depend upon the body location, the amount of hair present, the character of the hair, and your skin type.

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