



## LA BOUSSOLE

### **BBL/IPL Photofacial, HALO Laser, & Laser Hair Removal Post-Care Instructions**

La Boussole Medical Spa & Wellness Center

#### **Pre-Treatment Recommendations:**

- No direct sun exposure for at least two weeks prior to the treatment other than normal sun exposure. Do NOT intentionally tan or spend significant time in the sun without total sunblock, not sunscreen.
- Do not use self-tanners. Your skin should be as light as possible prior to the treatment.
- Avoid Dermal Fillers and Neurotoxins two weeks prior to and two weeks after treatment.
- Stop all skin resurfacing products 3 days before treatment unless otherwise instructed by your provider or aesthetician. (Ex: Hydroquinone, Retin-A, Retinol, Differin, Tazorac, Glycolic Acid, harsh scrubs or exfoliating products, bleaching creams, etc.)
- Please let us know if you have a history of cold sores, gold therapy, lupus, or connective tissue disease or if you have any metal plates, rods, or screws near the areas to be treated.
- You are not a candidate for Laser Treatment if you are pregnant, breastfeeding, or have active acne, rash, or an infection within the area being treated. Please tell your provider if you are experiencing any of these health conditions immediately.

#### **Post-Treatment Recommendations:**

- Your skin may appear red or blotchy in the treated area for 1-2 days. You may apply makeup as desired, preferably mineral makeup, 24 hours after treatment if skin is unbroken.
- Non-steroidal, anti-inflammatory (NSAID) agents such as Ibuprofen or Tylenol are recommended for any discomfort.
- Sleep with your head elevated the first night to reduce swelling.
- Frequent application of a cold compress or ice packs will help to relieve swelling and cool the skin.
- Cleanse treated area gently with a mild cleanser twice a day beginning the morning after treatment. DO NOT rub, scrub, use an exfoliant or a skin care brush in the treated area. Doing so could result in scarring and pigmentation complications.
- Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry. For severe dryness, add Aquaphor on top of your moisturizer or mix it in with it.
- Peeling and flaking generally occur 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, PIGMENTATION COMPLICATIONS AND INFECTION!
- Avoid strenuous exercise and sweating until after skin has healed.

- Do not spend any significant time in the sun without a total sun block. Use moisturizer and a broad-spectrum UVA/UVB sunscreen of at least SPF 30 daily.
- If treating Rosacea, avoid alcohol, spicy foods, caffeine, and exercise for one day after a procedure.
- No shaving over treated area as long as red or swollen.
- Quick, warm showers are recommended. Avoid prolonged hot baths or soaking in water.
- Discontinue use of Retin A, Renova and other alpha Hydroxy Acids throughout treatment.
- You can return to your normal skincare routine when your skin has fully healed (~7 days)

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 417-434-4449 during business hours.

Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

For increased redness swelling or uncontrolled pain please visit an after-hours medical provider.