

Eastside Primary Care & Wellness  
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## BBL Post Treatment Care

1. Cold packs, aloe vera or any other cooling preparation may be used to ease temporary discomfort.
2. Quick warm showers are recommended. Avoid prolonged hot baths.
3. Aerobic exercise, use of saunas and hot tubs should also be avoided for 24-48 hours.
4. If the skin is broken or a blister appears, apply an antibiotic ointment and notify us. The area should be kept lubricated to prevent crusting or scabbing of tissue.
5. Prolonged sun exposure is to be avoided for 4 weeks before and after treatment. A total sun block, not a sunscreen, should be applied if it is impossible to comply. If further treatment is needed a **commitment to stay out of the sun is necessary**. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation).
6. Makeup can be applied as long as the skin is not broken. Makeup can also serve to protect the skin from sun exposure.
7. If you have any questions or concerns, please contact this facility without hesitation.