

**BBL PRE-TREATMENT INSTRUCTIONS** *please initial:*

I have been informed that **sun exposure/tanning MUST be avoided for 1 month prior to treatment and 2 weeks after.** I am not currently tan. Strict sun protection is REQUIRED while being treated with any light/laser to protect me from unfavorable outcomes such as skin discoloration and/or burning.

I am applying **SPF 50+ sunscreen every 2-3hrs/day** (as needed) for 1 month prior to treatment and will continue for 2 weeks after (for safety).

I am aware that **certain medications will increase the risk of an adverse reaction** with BBL.

*These may include but are not limited to:*

*Discontinue/complete prior to treatment:*

- Antibiotics, diuretics, blood pressure/anti-hypertensives etc. (photosensitizing)-----2 weeks
- Chemotherapy, radiation, and Accutane (photosensitizing)-----6-12 months
- Coumadin, Warfarin, aspirin, NSAIDS, fish oils, alcohol (increased risk of bruising)-----3-4 days
- Topicals- retinols, glycolic acid, acne meds, bleaching cream, antiaging products (photosensitizing)-----1 week

I will **NOT discontinue** any medications unless deemed safe by my prescribing physician- test spots are available to me if stopping my medication is not an option.

I have discussed my current medications, along with any changes, with the Laser Center prior to my appointment. I have also informed them of any sensitivity/allergy to latex or numbing agents (lidocaine, benzocaine, tetracaine).

I have informed the Laser Center if I've ever been diagnosed with any disorder associated with photosensitivity (for example, Systemic Lupus Erythematosus).

I have not had fillers, botox, or waxed the area to be treated in the last 2 weeks. I have not had any laser treatment or peel in the last 4 weeks.

I am not pregnant or planning to become pregnant during the course of my treatments. Additionally, I understand the use of anesthetic cream is not recommended while breastfeeding.

I understand that although I may see results from just one treatment, a series is usually recommended for optimal results. I acknowledge that no guarantees have been made to me regarding the outcome.

I understand that following the treatment, common short-term side effects include redness, swelling, and a sunburned-like sensation that can last for several hours to days. Although less frequent, bruising, scabbing, and blistering may occur. Freckles and sunspots will turn darker and flake or fade in approximately 7-14 days, longer for body areas (3-4 weeks).

**I HAVE FOLLOWED THESE INSTRUCTIONS CAREFULLY PRIOR TO MY ARRIVAL. I ACKNOWLEDGE THAT FAILURE TO DO SO MAY RESULT IN HAVING TO RESCHEDULE MY APPOINTMENT AND THE \$100.00 CANCELLATION FEE WILL APPLY** (24hr notice is required to avoid fee).

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_