



# RUMA FOREVER YOUNG BBL & RUMA FOREVER CLEAR

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- Can not be pregnant or nursing.
- Avoid alcohol for 72 hours before treatment.
- Use SPF 35 or higher and physical sun protectant daily leading up to procedure.
- Avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports, outdoors, etc. 2-4 weeks leading up to treatment.
- Inform BBL clinician if you have been on accutane in the last 6-8 months.
- Inform BBL clinician or consult with your doctor if you are on any photosensitizing medications that could prolong wound healing, or affect coagulation.
- Avoid using self tanner for 2-4 weeks leading up to treatment.
- Avoid retinol for 4-5 days before treatment.
- Avoid antibiotics 2 weeks before treatment.
- Please keep in mind injections can be performed after any BBL treatment. You must wait 2 weeks after any filler, PRF or threads and 6 weeks after any Botox/Dysport treatment to receive BBL.

### POST-TREATMENT CARE:

- Avoid alcohol for 72 hours.
- Apply cold compress to cool the skin for comfort as needed. The skin may feel hot for a few hours post treatment.
- Redness is normal and expected. Redness generally resolves within a few hours.
- Darkening of pigment will be presented on the skin followed by flaking or sloughing of the pigmentation.
- To maximize the BBL treatment during the first 2 weeks, we recommend using Alastin Regenerating Skin Nectar to help with the healing process.
- Avoid any harsh exfoliants i.e. harsh scrubs, washcloths, loafas, exfoliating mitts, or any other rough surfaces for 7-10 days after treatment.
- Avoid using retinol 7-10 days after treatment.
- Avoid exercise and high heat activities for 48 hours after treatment.
- It is best to avoid sun exposure for 2 weeks after treatment. If outside it is advised to limit time in the sun and protect your skin by wearing a hat and re-applying SPF every 2 hours.
- Avoid hot tubs, hot showers, hot baths, saunas & any excess heat for 7-10 days after treatment.

**If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics) or call/text us at 801-514-7650.**

**Thank you for choosing RUMA Aesthetics!**