



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 3-4 days before treatment.

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 or ZO Growth Factor Serum to help with the healing process. Please apply the Skin Brightening Sheet Mask provided the evening of your treatment. It can be placed in the fridge prior to application which will aid in inflammatory and erythemic relief.
- Avoid any harsh exfoliants i.e. harsh scrubs, washcloths, loofas, 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 24 hours after treatment.
- It is best to avoid sun exposure for 24 hours after treatment. If outside it is advised to limit time in the sun and protect your skin by wearing a hat.
- SPF & Jane Iredale mineral makeup
- Avoid hot tubs, hot showers, hot baths, saunas & any excess heat for 7-10 days after treatment.
- Use a gentle cleanser (ZO Gentle Cleanser) and a heavy moisturizer (ZO Hydrating Cream)

If you have any questions before or after your appointment, you can email us at info@rumaesthetics or call/text us at 801-529-8628.

Thank you for choosing RUMA Aesthetics!