

Your recovery is just as important as your treatment.

BBL HEROIC AFTER CARE

Post Care

- Cleanse skin with a gentle cleanser twice daily
- Apply moisturizer when skin feels dry and wear broad-spectrum SPF 30+ daily
- Apply a cold compress to decrease swelling
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24–48 hours
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed
- Extended sun precautions for several weeks help prevent post-inflammatory hyperpigmentation, especially in deeper skin tones
- Avoid picking or exfoliating the pigmented spots — let them flake off naturally
- Resume retinoids and other active skincare products only after the skin has completely healed or as directed by your provider
- If you have a history of cold sores (herpes simplex), let us know — we may prescribe an antiviral before or after treatment
- Makeup can typically be worn immediately following the treatment

What to Expect

- You may experience some redness in the treatment area that should resolve within a few hours
- Pigmented lesions typically darken (a "coffee-grounds" appearance) over the course of about 10 days, followed by fading and flaking off
- Mild swelling is common, especially around the eyes when the face is treated
- Body treatments may take longer to heal than face treatments

CALL OUR OFFICE IMMEDIATELY

Newport Beach: 949.650.8882 **Beverly Hills:** 310.467.2180

Contact us right away if you experience any of the following:

- Increasing pain instead of gradual improvement
- Spreading redness, warmth, pus, or fever
- Blistering or worsening skin discoloration

For life-threatening symptoms, always call 911 or go to the nearest emergency room first.

Questions or concerns? Please contact our office—we're happy to help.

Optimal healing leads to optimal results. Thank you for trusting Batniji Facial Plastic Surgery.