



CLEVELAND PLASTIC SURGERY INSTITUTE

How to Prepare for Your Laser or BBL Treatment

- Please show up to your treatment appointment with no makeup on. If you are unable to arrive with a makeup-free face, we will provide you with the necessities to cleanse your skin here upon arrival.
- Discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinoids, Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment. If you have any questions about your current skin care products, please call our office 440-461-6100
- Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5 days before your treatment. If you are on a prescribed blood thinner, please contact our office at 440-461-6100
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- Please bring a wide brimmed hat with you on your treatment day to protect your skin when you leave the office.
- If you are getting treatment around your mouth and have a history of cold sore virus it is recommended to take an antiviral agent beginning 1 day before treatment and continue on for 3-5 days post treatment.