

Non-Surgical BBL After Care

After the Non Surgical BBL procedure, the following activities are forbidden:

- manipulating the area(s) of injection (for at least 1 month)
- alcohol use, smoking (for at least 7 days)
- exposure to sun or other types of radiations, extreme temperatures (such as hot/cold showers, sauna, etc) (for at least 1 week or at least until the healing process is completed - must ask the doctor before, for an assessment)
- using products for skin that are not recommended by the doctor for the area undergoing the procedure (for at least 1 week, and only after the healing process is completed)
- any movements or actions of/on the area that can affect or traumatize the area (such as massaging the area, hitting, procedures or treatments on the area).
- no sports (for at least 7 days, depending on the healing process, may take more)

It is recommended to take short walks after the procedure. You may proceed with your usual routine, as long as it is not too straining.

Sleep on your tummy for at least 7 days.

Don't wash the treated area and don't take the bandages off for 48 hours

Bruising, swelling and pain are to be expected in the days following the procedure, there is no reason to worry. Take the medication as instructed by the doctor.

If you have any questions, at any time, please feel free to contact us, and we will help you!