

BBL Forever Bare – Laser Hair Reduction

BBL (BroadBand Light) Forever Bare targets hair follicles to selectively destroy them while leaving the surrounding skin intact. The purpose of this procedure is to diminish or remove unwanted hair. Hair reduction requires more than one treatment and does not remove ALL hair. Generally, it is decreased in the amount of hair growth by 60-90% on average. Results depend on color and location of hair follicles. A general range of **4-12 treatments spaced 4-8 weeks** apart is possible for maximum results.

- Mild post procedure redness, warmth and a sunburned sensation are very common and expected responses. The discomfort and redness generally last a couple hours to a few days after the procedure. A blister can form up to 48 hours after treatment. An antibiotic cream or ointment can be used. Other short-term effects include bruising, superficial crusting, and discomfort.
- Cool compresses with a damp, soft cloth may help relieve the temporary discomfort. Ibuprofen, Aleve, or Tylenol can be taken as directed for pain. This is typically only needed within the first 12 – 24 hours after the treatment.
- The treated area should be cared for delicately for at least 12 hours. Until sensitivity has subsided (about 1-2 weeks), avoid the following:
 - Heavily scented lotions/soaps, exfoliant creams (Retin-A, Glycolic, alpha-hydroxy acids), acne creams
 - Loofa sponges, shaving, and aggressive scrubbing
 - Hot or cold water – wash with Lukewarm water
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities cause excessive perspiration (sweating)
 - Exposure to the sun or tanning in the treatment areas
- The appearance of hair growth may continue for 7-30 days following the treatment. This is not new hair growing, but treated hairs being shed from the skin. Hairs that were in the resting (telogen) phase during the treatment may enter the growth (anagen) phase in 1-6 months, depending on the area of the body they are located. A follow up treatment is required (treatment typically requires 6 treatments, spaced 4-6 weeks apart).
- Rare side effects include scarring and permanent discoloration. Hyperpigmentation (browning) and hypopigmentation (lightening) usually resolve within 2-6 months. Safe precautions with sun exposure are recommended. Although rare, herpes simplex virus infections around the mouth can occur, with or without a known history of cold sores. Should any kind of infection occur, please contact your clinician immediately to prescribe appropriate medicine.

If you have any questions or experience possible signs of infection or extreme discomfort, please contact:

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