

# Hydrafacial Pre and Post Care

For best results, please follow these instructions.

## **BEFORE YOUR TREATMENT:**

Discontinue use of Isotretinoin for 1 year (Sotret, Claravis, Amnesteem, and Accutane)

Discontinue use of topical prescriptive medications for 48 hours (Retin-A, Tazorac, Dierin, Epiduo, Ziana)

Refrain from any type of exfoliating treatment(s) (glycolic, enzymes) to the area of treatments for 48 hours.

Refrain from any Medium/Deep chemical resurfacing and laser treatments for 1 month

Refrain from waxing and use of depilatories for 48 hours

Discontinue use of OTC acne medication (Benzoyl Peroxide, Salicylic) for 72 hours

If you are prone to cold sores, Hydrafacial may cause a breakout; ask your doctor for a prophylactic treatment such as Valtrex

Avoid sun tanning or tanning creams/lotions for at least 72 hours

Refrain from any injections (Dysport, Juvederm) for at least 2 weeks. Botox at least 5 days

*The above is a guideline and not exclusive.* The day of your appointment a full consultation will be provided. However, feel free to contact us with your concerns if in doubt about whether you are a candidate for this.

**RELAX**  
The Spa



## **AFTER YOUR TREATMENT:**

Avoid sunbathing for at least 48 hours (although, we recommend this indefinitely) to prevent UV rays from damaging your skin which slows down the benefits of Hydrafacial. Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher and use an antioxidant serum daily to maintain your improved skin

Injections can be resumed in 24 hours

Waxing and depilatories can be resumed in 48 hours

Avoid heat (hot showers, sauna, and intense cardio) for 24 hours

If you do not need make up for the rest of the evening of treatment, wait until the next morning

Topical prescriptive medications can be resumed in 48 hours

OTC acne medications may be resumed in 48 hours

Optimum results can only be achieved if you follow the take-home regimen prescribed by your esthetician

*The above is a guideline and not exclusive.* Please contact us with any questions or concerns

## **CONTRAINDICATIONS OR PRECAUTIONS**

Pregnancy/Breastfeeding

Accutane (if used within the last year)

Autoimmune Diseases (Lupus, scleroderma, HIV, etc.)

Please refrain from any exfoliating treatments,

(retin-a, etc.) to the area

48 hours prior to the treatment

Cold Sores- If prone use medications 2 days prior, during and after treatment

Post Botox (wait 5 days) Post Fillers (wait 2 weeks)

Please ask about any known product ingredient sensitivities to shellfish, seaweed, etc.

