



## Hydrafacial Patient Instructions

### ***Pre-Treatment Instructions:***

#### **One - Two Weeks Out:**

- Don't use any laser treatments for any issues starting at 14 days before your appointment.
- Avoid using medium or deep chemical resurfacing treatments.
- Any filler treatments should be taken care of before the two week window before your appointment.
- No Botox treatments should be given within the week leading up to the appointment. Botox treatments could be given on the same day as your appointment after HydraFacial has finished.
- Stop smoking. Tobacco smoke can have a negative impact on your skin.

#### **48 Hours Before:**

- Avoid laying out directly in the sun, and cover your face as best as you can if you must go outside. Don't use artificial tanning beds as an alternative. Avoid using tanning lotions as well.
- Stop using all over-the-counter acne treatment medications.
- Don't have any exfoliating treatments performed. Also refrain from using topical Retin-A.
- There should be no waxing or depilatories at this point.
- Men shouldn't shave prior to treatment. If you must, do so no sooner than three hours before your appointment.

### ***Pre-Treatment Instructions:***

1. Do not wash your face, shower or work out to produce sweat for at least 6 hours post peel. Water will reactivate the peel and drive it further into the skin
2. No chemical peels, microdermabrasion or dermaplaning for 2 Weeks.
3. May experience redness for 2-4 hours post treatment, but it will subside.

4. May have flaking on the 2nd to 3rd day after treatment, and may last for 1-2 days. This is just additional dead skin cells that were released by the chemical peel. Do not pick at the peeling, except to remove the loose flakes.
5. If unusual irritation persists more than 2 days, call our office for treatment.
6. Cease use of Vitamin C, AHA.s, Glycolics and other chemical exfoliants for 2 days post treatment.
7. **Using sunscreen following treatment is mandatory!** Please use sunscreen for at least 5-7 days following your treatment as your skin is now more exposed and more susceptible for damage immediately following the treatment. Please refrain from prolonged direct sun exposure or tanning beds for 2 weeks.
8. It's best to not put makeup on immediately following the treatment, but it is fine to wear the next day. Using mineral make-up is preferred.
9. To achieve maximum results, ongoing treatments and a daily home skin program is recommended.

Patient Name \_\_\_\_\_

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_