

HydraFacial Pre & Post Care PDF

If you have any additional questions/concerns, feel free to call our office or ask your treatment provider

Pre-Care

1. Discontinue the use of any isotretinoin products (such as Accutane) for 6 months before treatment.
 - a. Unless you have clearance by our medical director, or personal doctor
 2. Discontinue use of topical Retin-A or generic tretinoin for at least 48 hours prior to your treatment.
 3. Please avoid any type of exfoliating treatments
 - a. These include scrubs, glycolic acid, and enzyme peels to the area 48 hours before your HydraFacial treatment.
 4. Refrain from waxing 48 hours before treatment.
 5. Like all treatments avoid excessive sun exposure as well as tanning beds, spray tans, and self-tanning lotions for at least 1 week before treatment.
 6. Refrain from any medium to deep chemical resurfacing and laser treatments 2 weeks before treatment.
 7. Wait 1 week after Botox and 2 weeks after fillers before a HydraFacial. Botox and fillers can be given on the same day as your HydraFacial but must be done after and not before.
 8. Men, we didn't forget about you...shaving is not recommended on the day of treatment. If you choose to shave, please do so at least 3-4 hours before treatment.
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Post-Care

- 1. Avoid excessive sun exposure and tanning beds for 72 hours after treatment.**
- 2. Only wash your face the following morning after your treatment.**
- 3. Apply our recommended tinted or non-tinted SPF of 30 or greater, 3-5 days after treatment.**
- 4. Discontinue the use of topical Retin-A or generic tretinoin for at least 48 hours prior to treatment.**
- 5. Avoid the sun.** Avoid lengthy sun exposure for the next week.
- 6. Do not pick/scratch/wax/thread/tweeze the area for at least 3-5 days.**
- 7. Avoid heat for 24 hours after treatment. This includes hot showers, intense cardio, and saunas.**
- 8. If you do not need to apply makeup for the remainder of the day it is preferred to go without.**
- 9. Refrain from any harsh exfoliating treatments and lasers for 48 hours.**