

## HydraFacial™ Post-Care Guidelines

HydraFacial™ is the only hydra-dermabrasion procedure that combines cleansing, extraction and hydration simultaneously, resulting in clearer, more beautiful skin with little-to-no downtime.

The treatment is soothing, moisturizing, non-invasive and generally non-irritating. As with most procedures, visible results from HydraFacial will vary from person to person.

### **What to Expect During and Immediately After Treatment**

Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity.

You may experience tingling and stinging during the treatment area. These sensations generally subside within 3 hours of treatment.

Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.

**Next Steps:** You will likely see results immediately after treatment and your skin will feel smooth and hydrated for 1 to 4 weeks. For improved, longer lasting results, consider take-home products and monthly HydraFacial treatments.

The treatment area is more susceptible to sunburn, sun damage and hyperpigmentation. Avoid direct sun exposure and use a minimum of SPF 40 sunscreen. Sunscreen will be applied post treatment the day of your appointment.

Aggressive exfoliation, waxing, and products containing acids should be avoided in the treatment area for a minimum of two weeks pre- and post-treatment.

\*Avoid the use of Retin-A type products 7-10 days pre- and post-treatment.

### **Maintain your skin health by following the below recommendation:**

- Schedule Annual Full Body Skin Exams
- Drink plenty of water
- Eat a balanced diet
- Take a daily vitamin
- Exercise regularly
- Get plenty of sleep
- Avoid smoking
- Avoid tanning beds
- Minimize alcohol consumption
- Manage daily stress

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