

HydraFacial Pre-Care Instructions:

- Avoid excess sun exposure, including tanning beds for 1 week before treatment, and use SPF 30 or greater daily to ensure coverage against UVB and UVA rays.
- Do not use any type of exfoliants 2 days before treatment.
- Refrain from any chemical peels or lasers for 2 weeks prior.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 2 days before treatment.
- Discontinue use of Hydroquinone 2-3 days before treatment.
- If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day of treatment.
- Notify us if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior your treatment.
- Botox & filler may be done on the same day, but only after HydraFacial treatment.
- Wait 2 weeks after Botox and filler treatments to have a HydraFacial treatment.

HydraFacial Post-Care Instructions:

- Avoid any exfoliation to the treated area for 48 hours post-treatment.
- Use sunscreen with SPF 30 or higher daily for 3-5 days post-treatment.
- Avoid unprotected sun exposure and/or use of tanning beds for at least 3 days post-treatment.
- Avoid use topical Retin-A for 2 days post treatment.
- Makeup may be applied the day after treatment.

- To keep the area clean, avoid use of saunas, hot showers, and cardio workouts that may produce sweat for 24 hours.
- You may cleanse your skin the following morning using products recommended by your service provider.