



HydraFacial Pre & Post Care Instructions

Pre Treatment:

- Avoid sun exposure for 1 week prior to treatment and use a daily SPF 30 minimum to ensure coverage against UVA and UVB rays.
- Do not use harsh exfoliants for 1 week prior to treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 2-3 days prior to treatment.
- Discontinue use of Hydroquinone 2-3 days prior to treatment.
- If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day prior to HydraFacial.
- Fillers injected up to 2 weeks prior is not recommended.
- Neurotoxin injected up to 48 hours prior is not recommended.
- Notify our office if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

Post Care:

- You may resume your normal skincare regimen 2 days after treatment. If skin still feels irritated, test spot your skin care products first.
- Discontinue Retin A for 2 days following.
- Avoid unprotected sun exposure and/or tanning beds for at least 2 days post treatment.
- Use daily sunscreen of SPF 30 or higher.
- Make-up may be applied post treatment.

Please call our office if you have any questions or concerns.