



FACIAL



PRE & POST CARE



Includes HydraFacial MD, 30/60 Minute Method, Microdermabrasion, Dermaplaning & Waxing

Pre-Care

- * DO discontinue retinols or retinoids 72 hours pre-treatment
- * DO disclose any new medications to your technician
- * DO use a prescription for cold sores if you have a history 2-3 days prior to coming in, if being treated in the area of cold sores
- * DON'T come in with a sunburn

Post Care

- * DO use gentle skin care products for 48 hours
- * DO use a moisture rich cream at night to prevent excessive peeling, redness and dryness
- * DO apply SPF 30+ every day
- * DO avoid vigorous exercise for at least 8 hours
- * DO avoid heat (hot showers, sauna & intense cardio) for 2-3 days
- * DON'T touch or pick at skin
- * NO swimming pools or direct sun exposure 1-2 weeks, including tanning beds & creams
- * Waxing can be resumed within 1 week on the treated area
- * Topical prescriptions can be resumed in 2-3 days
- * Skin purging is normal, if excessive please call the office