

HYDRAFACIAL

PRE + POST CARE



BEFORE YOUR TREATMENT

- Avoid excess sun exposure, including tanning beds, for 1 week before treatment, and use SPF 40 or greater daily to ensure coverage against UVB and UVA rays.
- Do not use any type of mild 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 3 days before treatment.
- Discontinue the 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 Ari Blanc if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness before your treatment.
- Wait 2 weeks after tox and filler treatments to have a HydraFacial treatment. Tox and filler may be done on the same day, but only after the HydraFacial treatment.
- If your skin is congested, the providers may perform extractions to fully clean and clear your skin. If this is the case, please plan for 2-3 days of potential downtime for healing from the extraction sites.

WHAT TO EXPECT

- Your skin may experience temporary irritation, tightness, redness, dryness, or flaky skin. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity. Using nutritional serums such as Vitamin C afterward will help mitigate skin sensitivity.
- You may experience tingling and stinging during the treatment area. These sensations generally subside within three 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.
- You will likely see results immediately after treatment and your skin will feel smooth and hydrated for one to four 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.

AFTER YOUR TREATMENT

- Avoid any exfoliation to the area for 48 hours post-treatment.
- To keep the area clean, avoid heat sources, including hot showers, saunas, and cardio workouts that may produce sweat, for 24 hours.
- You may wash your face the following morning using the products recommended by your provider. Please discuss continuing the use of your regular regimen post-treatment.
- Do not use topical Retin-A for 2 days following treatment.
- Avoid unprotected sun exposure and/or use of tanning beds for at least 3 days post-treatment.
- Use sunscreen with SPF 40 or higher daily for 3-5 days post-treatment.
- 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 pre- and post-treatment for 48 hours.
- Best results are achieved when done in a series of ongoing treatments.
- Notify your provider if your symptoms appear to worsen or if you have any questions about your treatment.

If you have any questions or concerns, please call or text Ari Blanc Medical Spa at (267) 687-7346.