



## Hydrafacial® Pre and Post Treatment Instructions

### Pre-Treatment Care Instructions:

Avoid wearing makeup to your appointment. Shaving is not recommended the day of treatment; if you must shave, please do so 3-4 hours prior to treatment.

48 hours prior to treatment, DISCONTINUE:

- Topical Retin-A or generic tretinoin
- Any exfoliating treatments, including glycolic acid or enzymes
- Waxing, depilatories
- Over the counter acne treatments, such as benzoyl peroxide & salicylic acid

Avoid excessive sun exposure & artificial tanning beds 72 hours prior to treatment.

Avoid all Botox®/Dermal Filler injections at least 2 weeks prior to treatment.

Avoid any chemical resurfacing treatments, peels & laser treatments 1 month prior to treatment.

### Post-Treatment Care Instructions:

Avoid heat (hot showers, saunas, intense cardio) for 24 hours post treatment.

Botox®/Dermal Filler injections can be given the same day but AFTER Hydrafacial® treatment.

AVOID the following for 48 hours post treatment:

- Topical Retin-A or generic tretinoin
- Any exfoliating treatments, including glycolic acid or enzymes
- Waxing, depilatories
- Over the counter acne treatments, such as benzoyl peroxide & salicylic acid

Avoid excessive sun exposure & artificial tanning beds 72 hours post treatment. Always wear a sunscreen of at least SPF 30.

Avoid chemical resurfacing treatments, peels & laser treatments for 1 month post treatment.

### Possible side effects include:

- Temporary irritation or tightness
- Minor redness or swelling
- Risk of exacerbation of cold sores (if patient has a history of cold sores)
- Slight risk of bacterial or viral infection

**\*\*If patient experiences any type of adverse reaction, they should call SCG Spa at 717-243-0307\*\***