

## HydraFacial Pre and Post Care

For best results, please follow these instructions.

### Before your treatment

1. Discontinue use of isotretinoin for 1 year (Sotret, Claravis, Anmesteem, Accutane)
2. Discontinue use of topical prescriptive medications for 48 hrs (Retin-A, Tazorac, Dierin, EpiDuo, Ziana)
3. Refrain from any type of exfoliation treatment(s) (Glycolic, Enzymes) to the area of treatment for 48 hrs
4. Refrain from Waxing and use of Depilatories for 48 hrs
5. Discontinue use of OTC Acne medication (Benzoyl Peroxide, Salicylic) for 72 hrs
6. If you are prone to cold sores, HydraFacial may cause a break out; ask your doctor for a prophylactic treatment such as Valtrex
7. Avoid sun tanning or tanning creams/sprays for at least 72 hrs
8. No injections (Botox, Fillers) for 2 weeks before treatment (Applies to electrolysis as well).
9. Shaving is not recommended before Gentleman's HydraFacial Treatment. If you choose to shave, please shave at least 3-4 hours prior to your treatment.
10. Refrain from using Retinol products for 48 hrs
11. Feel free to contact me with your concerns if in doubt about whether you are a candidate for this treatment

### After your treatment

1. Avoid sunbathing for at least 48 hrs (although, I recommend this indefinitely) to prevent UV rays from damaging your skin which slows down the benefits of the HydraFacial. Those who absolutely cannot avoid sun exposure should use broad-spectrum sun protection with an SPF of 30 or higher.
2. Injections can be resumed in 48 hrs
3. Avoid heat (hot showers, Sauna and intense cardio) for 24 hrs
4. Waxing and depilatories can be resumed in 48 hrs
5. If you do not need Make-up for the evening of treatment, wait until the next morning
6. Topical prescriptive medications can be resumed in 48 hrs
7. OTC acne medication may be resumed in 48 hrs
8. Retinol products may be resumed in 48 hrs
9. The above is a guideline and not exclusive. Please contact me with any questions or concerns

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