

## **FACIAL PRE- AND POST CARE**

**(Procedures Include: Facials, HydraFacial, Oxygen Facial, Aquafirme Facial, Dermaplane Facial, Microcurrent, Extractions, Lightwave, Microdermabrasion)**

### **Pre-Treatment Instructions**

- Avoid sun exposure and tanning beds to treated areas 2 days prior to treatment.
- Daily sunscreen with an SPF of at least 30 is always recommended.

### **Post-Treatment Instructions**

- After the treatment, you may apply an ice pack, as there may be mild swelling. Avoid any trauma to the skin for up to 2-5 days.
- You can experience redness from 1-3 days after the treatment. Avoid direct sun exposure and tanning beds. Always use sunscreen SPF 30 or higher when going outside.
- Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic, salicylic acids, astringents, Polysporin or Vitamin C for 1 day after your treatment.
- Avoid picking or scratching the treated skin to achieve your best results. If any crusting, apply antibiotic cream.
- Avoid tweezing, waxing, shaving, bleaching or laser services within 5-7 days of the treatment.
- Allow dead skin to shed naturally.
- Makeup may be used after the treatment.
- You may shower directly after the procedure in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.
- There may be redness for 1-3 days after the treatment.
- If there is no irritation, the patient may resume home care products.
- Keep the area moist. Any moisturizer without alpha-hydroxy acids is acceptable.