

# Body+Beauty Lab®

## HYDRAFACIAL

### PRE-TREATMENT CARE:

- Discontinue use of Isotretinoin for 6 months prior to treatment (Sotret, Claravis, Amnesteem, and Accutane).
- Discontinue use of topical prescriptive medications for 48 hours prior to treatment (Retin-A®, Tretinoin®, Tazorac®, Dierin®, EpiDuo®, Ziana®).
- Refrain from any exfoliating treatment(s) such as glycolic and enzymes) to the area of treatment for 48 hours.
- Refrain from any medium to deep chemical resurfacing and laser treatments for 1 month prior to treatment.
- Refrain from waxing and use of depilatories for 48 hours prior to treatment.
- Discontinue use of OTC acne medications (Benzoyl Peroxide, Salicylic Acid) for 48 hours prior to treatment.
- If you are prone to cold sores, Hydrafacial may cause a breakout; ask your doctor for a prophylactic treatment such as Valtrex. Please use medication 2 days before, during and 2 days after.
- Avoid sun tanning, excessive sun exposure or tanning creams/sprays for at least 72 hours before treatment.
- Wait at least two weeks after Botox® and filler injections before a Hydrafacial treatment.
- For Gentlemen's Hydrafacial treatment, shaving is not recommended on the day of treatment. If you choose to shave, please shave at least 3-4 hours before your treatment.
- The day of your appointment a full consultation will be provided. If you have any special health considerations, allergies, pregnant, etc., be sure to notify us when you make your appointment.

### POST-TREATMENT CARE:

- Avoid sunbathing for at least 48 hours (we recommend this indefinitely) to prevent UV rays from damaging your skin which slows down the benefits of Hydrafacial treatments. Clients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF 30 or higher to maintain your improved skin.
- Botox and fillers may be given 24 hours after your Hydrafacial treatment.
- Waxing and depilatories can be resumed in 48 hours.
- Avoid heat (hot showers, sauna, and intense cardio) for 24 hours.
- Makeup can be applied post-treatment. For best results leave the face clear until the following morning.
- Topical prescriptive medications can be resumed in 48 hours.
- OTC acne medications may be resumed in 48 hours.