

# HydraFacial™ Post-Care Instructions

R+ Med Spa



HydraFacial™ is the only hydradermabrasion procedure that combines cleansing, extraction, and hydration simultaneously, resulting in clearer, more beautiful skin with little-to-no downtime.

The treatment is soothing, moisturizing, non-invasive and generally non-irritating. As with most procedures, visible results from HydraFacial will vary from person to person.

## What to Expect During and Immediately After Treatment

Your skin may experience temporary irritation, lightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on 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.

## Next Steps

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 two weeks pre- and 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 and pre- and post-treatment.

## Good Skincare Through a Healthy Lifestyle

Maintain your skin health by following the below recommendations

- Drink plenty of water
- Eat a balanced diet
- Take a daily vitamin
- Exercise regularly
- Get plenty of sleep
- Avoid smoking
- Avoid tanning beds
- Minimize alcohol consumption
- Manage daily stress

If you have excessive swelling contact the office immediately at 270.651.4772 during business hours. For an after hours emergency please contact your technician. For increased redness swelling or uncontrolled pain please visit an after hours medical provider.

Additional Instructions: \_\_\_\_\_

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