

Post Hydra Facial/Microdermabrasion Treatment & Instructions

For the next 24 hours, strenuous exercise, or any activity that causes excessive perspiration is not recommended. While it will not harm you or hinder your skin care treatment progress, the perspiration can be irritating. It is important that **NO TANNING** is done while you are undergoing these treatments, as you may burn severely and reduce the results that may be obtained. Retinoid/Alpha Hydroxy Acids (AHA) usage should be discontinued for 3 days before and continued for 3 days after your treatment. Refrain from waxing, electrolysis or depilatories for at least 7 days. Drink additional water. Use of cold compressions can provide relief from the “wind-burned” feeling. Only recommended makeup may be applied within one hour post-treatment. Your treated skin may be sensitive to any alpha hydroxyl products, retinoids products, some tyrosinase-inhibitors and the sun for a number of days.

DO's	DON'Ts
Maintain hydration (both topically and internally) by drinking plenty of water	Avoid swimming in a chlorinated pool the day of the procedure
Moisturizers and sunscreen should be applied before leaving the treatment room. Use a strong moisturizer along with sun block SPF-30 or more. Moisturize and reapply sunscreen several times during the day, as needed, and to avoid direct sunlight	Avoid tanning beds and suntanning for at least one week after the treatment
Cleanse the skin with a recommended cleanser and apply suggested moisturizers	Avoid waxing and depilatories of treated areas
Get plenty of rest while you are undergoing the skin treatments	Avoid astringents and toners for 24 hours after the treatment

Instructions Before your Next Facial treatment

If you are undergoing a series of facial treatments remember to discontinue AHA and Retinoid use (Retin-A, Micro-Encapsulated Retinol) at least 3 days before your next appointment. It is strongly suggested not to have collagen injections within 10-14 days prior to your facial treatment. Do not have Botox® injections within 1 week of your facial/microdermabrasion procedure.

If you have any questions regarding the post or pre skin procedure care of your skin, or if you want to discuss the skin products used in the office, please contact us at 908-213-8808.

I have received a copy of these instructions and verbalized an understanding of the instructions. Name _____ Date _____