



HYDRAFACIAL PRE CARE ADVICE

- Stop using Isotretinoin 6 months prior to treatment
- Stop using topical Retin-A or generic Tretinoin at least 48 hours prior to treatment
- Avoid exfoliating acids, enzymes or treatments 48 hours prior to treatment
- Avoid chemical peels and laser/IPL treatments for 2 weeks prior to treatment
- Avoid waxing for 48 hours prior to treatment
- Avoid sun exposure and tanning beds 72 hours prior to treatment
- Wait 2 weeks after Botox or Fillers before your treatment
- Avoid Facial shaving at least 4 hours prior to treatment
- Cold sores must not be present on the skin
- Skin infections must not be present on the skin
- Remove contact lenses prior to treatment
- If taking medications (oral or topical) check with the Practitioner prior to booking treatment to make sure it is not contra-indicated
- Allergy to shellfish is contra-indicated to treatment
- Allergy to honey is contra-indicated to treatment
- Allergy to Aspirin is contra-indicated to treatment
- Pregnancy or breastfeeding is contra-indicated to treatment
- Use sun protection SPF30+
- A full consultation will be made prior to your treatment, please advise the Practitioner of all medications and medical conditions.

HYDRAFACIAL POST TREATMENT ADVICE

- Avoid make up following your treatment for at least 6 hours to allow products to penetrate your skin
- Do not pick at your skin, even if there is some peeling following the treatment
- Avoid saunas, sunbathing, sunbeds, Jacuzzis, swimming pools for at least 48 hours after your treatment
- Apply sunscreen regularly during daylight hours SPF30+
- Discontinue use of any Vitamin A topical or oral products for at least 48 hours
- Avoid waxing on treatment area for 48 hours after treatment
- Avoid chemical peels or resurfacing treatments for 2 weeks after treatment
- Avoid hot showers/baths and any strenuous exercise on the day of your treatment
- There maybe some redness on the skin and peeling following your treatment. This will subside after a couple of days
- Avoid any exfoliating products or acids for at least 48 hours following your treatment
- Leave at least one week prior to facial waxing, dermaplaning
- Avoid Retinol, Retin-A products for at least 48 hours
- Use a gentle cleanser, moisturiser SPF30+ on the day after your treatment for 48 hours following your treatment, avoid any actives that may irritate the skin

Should you have any aftercare concerns please discuss with your Practitioner or GP.