



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
(714) 848-2232

## Facial Post Care Instructions

Congratulations on your treatment! To ensure the best results and maintain your "after-glow," please follow these guidelines carefully for the next **3 to 7 days**.

### 1. Immediate Aftercare (First 24 Hours)

- **Hands Off:** Do not pick, pull, or scratch the treated skin. This can lead to scarring or post-inflammatory hyperpigmentation (PIH).
- **Skip the Gym:** Avoid heavy exercise, saunas, and steam rooms. Excessive heat and sweat can irritate the skin and clog pores that have just been deep-cleaned.
- **Makeup-Free Zone:** Try to avoid applying makeup for at least 24 hours to allow your pores to breathe and the professional products to fully absorb.
- **Clean Pillowcase:** Sleep on a clean, silk or cotton pillowcase tonight to prevent bacteria transfer.

### 2. Skincare Regimen Adjustments

Your skin's "barrier" is currently delicate. Adjust your routine as follows:

- **Gentle Cleansing:** Use a mild, non-exfoliating, fragrance-free cleanser. Use lukewarm water; avoid hot or freezing water.
- **Hydrate:** Apply a soothing, hydrating moisturizer or a hyaluronic acid serum twice daily.
- **Sun Protection (Non-Negotiable):** Your skin is more susceptible to UV damage right now. Apply a broad-spectrum **SPF 30+** every morning, even if it is cloudy.

### 3. What to Avoid (For 5–7 Days)

To prevent chemical burns or severe irritation, stop using the following "active" ingredients:

- **Retinoids:** Retin-A, Tretinoin, or Retinol.
- **Acids:** Alpha Hydroxy Acids (Glycolic, Lactic) and Beta Hydroxy Acids (Salicylic).
- **Physical Scrubs:** Do not use facial brushes, beads, or rough washcloths.
- **Hair Removal:** Avoid waxing, threading, or laser treatments on the face.

### 4. What is Normal?

Depending on the intensity of your facial (e.g., extractions or a light peel), you may experience:

- Mild redness or a "tight" sensation (similar to a mild sunburn).
  - Minor "purging" (small breakouts as impurities rise to the surface).
  - Light flaking or dryness.
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## **When to Contact Us**

If you experience any of the following, please contact **Amazing Skin Aesthetics** at **714-848-2232** or your healthcare provider immediately:

- Extreme swelling or blistering.
- Intense itching or hives.
- Severe burning sensation that lasts more than 24 hours.
- Any signs of infection (pus or crusting).

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## **Professional Disclaimer (California Compliance)**

*The information provided is for educational purposes and is not a substitute for professional medical advice. If you have a history of cold sores, please note that facial treatments can occasionally trigger an outbreak; consult your physician for prophylactic antiviral medication if necessary.*