

HydraFacial MD

Take-Home Guidelines

HydraFacial MD TM is the only hydra-dermabrasion 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, tightness, 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 are normal 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. Avoid the use of prescription strength Retin-A type products for 3 days pre- and post-treatment.

**Tonight:** Rinse off your face with luke-warm water and apply a simple moisturizer, unless you apply makeup or exercise and become sweaty, then you can wash with a gentle wash.

**For the next 3 days:** Wash with a gentle wash and apply gentle moisturizer only. Please discontinue your other washes and topicals for the next 3 days. Samples of are given at the time of the appt in most cases.

**After 3 days:** You may continue your normal skin care regimen. If you experience any stinging or irritation, hold off for another couple days and wash with just the gentle cleanser and lotion, then try again.

If your skin feels overly tight, you can apply gentle moisturizer as needed. The treatment area is more susceptible to sunburn, sun damage and hyperpigmentation. Avoid direct sun exposure and use a minimum of SPF 40 sunscreen, reapplying as needed.

Aggressive exfoliation, waxing and products containing acids should be avoided in the treatment area for a minimum of two weeks pre- and post-treatment.

**Good Skincare Through a Healthy Lifestyle**

Maintain your skin health by following the below recommendations.

 Drink plenty of water • Exercise regularly  Avoid tanning beds

• Eat a balanced diet • Get plenty of sleep  Minimize alcohol consumption

 Take a daily vitamin • Avoid smoking  Manage daily stress

Contact us at (503) 445-2200 if your symptoms appear to worsen or if you have any questions about your treatment.

Revised 04/2021