



HydraFacial Pre/Post Care

Pre-Care Tips To Follow For Your HydraFacial Appointment:

Follow this guideline BEFORE each treatment

- If the treatment area includes hair and/or body, remember to bathe either the night before or (ideally) the morning of your treatment.
- Avoid sun exposure and tanning beds at least 3 days before treatment. Remember to use an SPF of 30+ for maximum coverage against UV rays.
- Refrain from physical and chemical exfoliants at least 3 days before treatment.
- Avoid chemical peels at least 2 weeks before treatment.
- Discontinue use of Isotretinoin based products (Accutane) 6 months prior to treatment, unless otherwise instructed by your dermatologist.
- Discontinue acne medications such as: salicylic acid and benzoyl peroxide.
- Discontinue Retin-A and tretinoin at least 2 days prior to treatment.
- Avoid waxing and any use of depilatories at least 2 days prior to treatment.
- For male patients, we do not recommend shaving the day of treatment. If need be, please shave at least 3 hours prior to treatment.
- If you have received the following treatment recently: Botox/fillers/thread lifting/PRP/microneedling, please wait 2 weeks after to receive the HydraFacial treatment.

Post-Care Instructions:

Follow this guideline AFTER each treatment

- You may take a shower the following morning after your treatment with any products if you wish..
- Avoid sun exposure and tanning beds at least 3 days after treatment. Remember to use an SPF of 30+ for maximum coverage against UV rays.
- Botox and filler may be done on the same day.
- Avoid heat such as: saunas, hot showers, and intense cardio for 24 hours.
- Avoid exfoliation for 3 days after treatment.



- Makeup may be worn after treatment.
- If makeup is not worn the day of your treatment, please wash/cleanse your face the next morning.
- You may follow your regular skin care regime unless otherwise instructed.

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

399 Four Valley Drive, Unit #13
Concord, ON, Canada L4K 5Y7
(905) 660-3030