



## Post Treatment Instructions - HydraFacial

A medical grade facial rejuvenation treatment that cleanses, detoxifies, exfoliates, extracts, and hydrates in one non-invasive procedure. As the name implies, the HydraFacial treatment hydrates your skin at every stage of the process with the super-serums used.

Effectively treats fine lines and wrinkles, skin elasticity, brown spots and hyperpigmentation, uneven skin tone, skin texture, oily skin, and clogged and/or large pores. This gentle skin resurfacing treatment produces amazing results and is suitable for all skin types. The remarkable thing about the HydraFacial treatment is the immediate results it produces without any downtime.

To ensure proper healing after your HydraFacial treatment, please follow the tips and instructions below.

- Please do not pick at your skin at any time after your facial treatment – your skin may be more sensitive after a treatment, picking at your skin may cause irritation and potential scarring
- Cleanse your face with a gentle cleanser – your skin may be more sensitive after a facial treatment, it is advised to use a gentle, hydrating cleanser on your skin
- 24 hours post treatment – skip heavy makeup/skin care products  
(facials provide your skin with a deep cleanse so avoiding makeup and heavy products for a day is ideal as your pores are more open than normal; therefore more susceptible to bacteria. Taking a break from makeup will also allow the serums, creams, and/or peels that were used to be more effective.)
- 24 hours post treatment - avoid rigorous activity (no excessive sweating, gym, hot tubs, saunas, etc.)
- 48 hours post treatment – avoid any exfoliants (scrubs, chemical exfoliants such as AHA, Glycolic Acid, Retin-A, Retinols, Vitamin A creams, etc.)
- 48 hours post treatment – avoid products containing active ingredients (including Salicylic Acid)
- 5-7 days post facial treatment – avoid any waxing or laser treatments on your face
- Refrain from sun exposure or using tanning beds
- Keep skin well hydrated with adequate water intake and moisturizing the skin throughout the day
- Wash your pillow case, sheets, makeup brushes/sponges before you use them after your facial treatment – this will help to avoid post-facial breakouts
- Wear a minimum of SPF 30 consistently and reapply throughout the day – even when it's cloudy (mineral sunscreen is recommended) – keep skin covered, if possible, by wearing a hat

For any further questions or concerns please call our office at (519)-850-5435 or via email at [info@londonplasticsurgery.ca](mailto:info@londonplasticsurgery.ca)