



Post Treatment Instructions - Environ DF Facial

An Environ DF Facial uses the unique combination of pulsed iontophoresis (electrical current) and low frequency sonophoresis (sound wave) to distribute vitamins A, C, and E, as well as antioxidants and peptides into the skin. The dual sonophoresis and iontophoresis increases product penetration by 40x in 15 seconds and is equivalent to forty days of at home personal skincare. Each patient will be treated according to their individual skin needs and desires.

The treatment typically ends with a hydrating alginate masque which cools and soothes the skin. It restores the skin's pH to normal levels and physically obstructs trans-epidermal water-loss thus promoting hydration of the skin. The Environ DF Facial has treatments for rosacea and sensitivity, hyperpigmentation, acne, texture, dryness, and signs of aging. All skin types can undergo the DF Facial Treatment, all year round, with little to no downtime.

To ensure proper healing after your Environ DF Facial 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