

SUMMER

AESTHETICS

# HYDRAFACIAL MD<sup>®</sup>

## PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking, especially if you are using retinoids or other topical treatments.
2. Avoid Sun Exposure: Avoid excessive sun exposure and tanning beds for at least 1 week before your treatment. Use a broad-spectrum sunscreen with SPF 30 or higher daily.
3. Discontinue Certain Products: Stop using any retinoids, glycolic acid, salicylic acid, and other exfoliating products at least 3-5 days before your treatment to avoid irritation.
4. Hydration: Drink plenty of water in the days leading up to your treatment to keep your skin hydrated and enhance the treatment's effectiveness.
5. Avoid Hair Removal: Do not wax, thread, or use any hair removal creams on the treatment area for at least 24 hours before your appointment.
6. Arrive with Clean Skin: Arrive at your appointment with a clean face, free of makeup, lotions, or perfumes.
7. Medication Review: Discuss any medications or supplements you are currently taking with your provider to ensure there are no contraindications.
8. Relaxation: Arrive a few minutes early to fill out any necessary paperwork and to relax before your session.

## POST-TREATMENT CARE:

1. Avoid Sun Exposure: Avoid direct sun exposure and tanning beds for at least 48 hours after your treatment. Apply a broad-spectrum sunscreen with SPF 30 or higher daily and wear protective clothing when outdoors.
2. Gentle Skincare: Use gentle skincare products as recommended by your provider. Avoid harsh exfoliants, retinoids, and active ingredients like alpha hydroxy acids for at least 48 hours post-treatment.
3. Hydration: Continue to drink plenty of water to keep your skin hydrated and support the healing process.
4. Avoid Makeup: Refrain from applying makeup for at least 24 hours post-treatment to let your skin breathe and recover.
5. Moisturize: Keep your skin moisturized with a gentle, hydrating moisturizer as recommended by your provider to maintain the treatment's effects.
6. Follow-Up Treatments: Schedule follow-up treatments as recommended by your provider to achieve and maintain optimal results.
7. Monitor for Reactions: Monitor the treated area for any unusual reactions such as severe redness, swelling, or signs of infection, and contact your provider immediately if they occur.

### LAKE OSWEGO, OR

4309 Oakridge Rd  
Lake Oswego, OR 97035  
Call/text: (503) 388-3334

### RIDGEFIELD, WA

411 N Main Ave  
Ridgefield, WA 98642  
Call/text: (360) 727-0023