

# Progressive Laser LLC

"Science enhancing Beauty..."

## HydraFacial Pre & Post Care

*For best results, please follow these instructions*



### **Before your treatment:**

1. Discontinue use of isotretinoin for 1 year (Sotret, Claravis, Amnesteem, and Accutane)
2. Discontinue use of topical prescription medications for 48 hours (Retin-A, Tazorac, Dierin, EpiDuo, Ziana)
3. Refrain from any type of exfoliating treatments (glycolic, enzymes) to the area of treatment for 48 hours.
4. Refrain from any Medium/Deep chemical resurfacing and laser treatments for 1 month.
5. Refrain from waxing and use of depilatories for 48 hours.
6. Discontinue use of OTC acne medications (Benzoyl Peroxide, Salicylic) for 48 hours.
7. If you are prone to cold sores, Hydrafacial may cause a break out; ask your doctor for a prophylactic treatment such as Valtrex. Please use medication 2 days before during and 2 days after
8. Avoid sun tanning or tanning creams/sprays for at least 72 hours
9. Post Injections (Dysport, Juvederm) wait at least two weeks. Botox at least 5 days.
10. Shaving is not recommended prior to gentleman's HydraFacial treatment. If you choose to shave, please shave at least 3-4 hour prior to your treatment.
11. The day of your appointment a full consultation will be provided. If you have any special health considerations, allergies, pregnant etc, be sure to notify us when you make your appointment.
12. However, feel free to contact us with your concerns if in doubt about whether you are a candidate for this

### **After your treatment:**

1. Avoid sunbathing for at least 48 hours to prevent UV rays from damaging your skin which slows down the benefits of Hydrafacial. Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher.
2. Injections can be resumed in 24 hours.
3. Waxing and depilatories can resumed in 48 hours.
4. Avoid heat (hot showers, sauna, and intense cardio ) for 24 hours.
5. If you do not need make-up for the evening of treatment, wait until the next morning
6. Topical prescription medications may be resumed in 48 hours
7. OTC acne medications may be returned 48hrs
8. The above is a guideline and not exclusive. Please contact us with any questions or concerns.

Progressive Laser LLC · 565 Hooper Road · Endwell, New York 13760 · (607) 786-6222

[www.ProgressiveLaserNY.com](http://www.ProgressiveLaserNY.com)