



## Facial/Hydrafacial/Microdermabrasion/Chemical Peel Post Instructions

### Facial/Hydrafacial/Microdermabrasion:

- Avoid wearing makeup for the rest of the day if possible
- Avoid any potential irritants for 48 hours after treatment including Retin-A, differin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, vitamin c, face scrubs or polishes.
- Avoid waxing, threading, tweezing for 48 hours after treatment
- Avoid sun exposure for 48 hours after treatment and tanning beds indefinitely
- Daily sunscreen with an SPF of 30 is recommended to maintain the health of your skin

### PCA Chemical Peels:

- Use of the products in your post peel solution kit is recommended for at least 3 days after your treatment to minimize side effects
- Avoid applying ice or water to the treated area for 24 hours until you are instructed to wash your face. You may use a fan to cool down the face if necessary
- Do not go swimming, use hot tubs, steam rooms, or saunas for 3 days after treatment
- Avoid waxing, threading, tweezing for 5 days after treatment
- Do not use a hair dryer directly over the treated area for 3 days after treatment
- Avoid wearing makeup for 24 hours if possible, however you can apply it 15 minutes post peel if necessary
- Avoid the use of topical irritants for at least 5 days post treatment including Retin-A, differin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, vitamin c
- Avoid sun exposure and excessive heat. Use of a sunscreen with UVA/UVB protection with an SPF of 30 is recommended indefinitely
- After a PCA peel you may not necessarily peel and this is not a sign that the peel is not working. However, light flaking for several days is normal.
- Please wait two weeks to have another in-office treatment or until your esthetician recommends it

### iS Clinical Fire & Ice Facial:

- Do not go swimming, use hot tubs, steam rooms, or saunas for 3 days after treatment
- Avoid waxing, threading, tweezing for 3 days after treatment
- Do not use a hair dryer directly over the treated area for 3 days after treatment
- Avoid wearing makeup for 24 hours if possible, however you can apply it 15 minutes post facial if necessary
- Avoid the use of topical irritants for at least 3 days post treatment including Retin-A, differin, retinol, benzoyl peroxide
- Avoid sun exposure and excessive heat. Use of a sunscreen with UVA/UVB protection with an SPF of 30 is recommended indefinitely
- Please wait two weeks to have another in-office treatment or until your esthetician recommends it

For best results please follow the above post care instructions. Please call our office at 727-316-6210 if you have any questions or concerns.

