

SANCTUARY

DERMATOLOGY

Proper post-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

HYDRAFACIAL PRE TREATMENT INSTRUCTIONS

- Avoid excess sun exposure one week before treatment, and use SPF 30 or greater daily to ensure coverage against UVB and UVA rays.
- Do not use any type of exfoliants 2 days before treatment.
- Refrain from any chemical peels or lasers for 2 weeks prior.
- Discontinue use of Tretinoin type products at least 2 days before treatment.
- Botox and filler may be done on the same day, but only after HydraFacial treatment.
- Notify us if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness before your treatment.
- History of herpes or cold sores may require an antiviral prescription prior to treatment.
- Please arrive without makeup, creams, gels or lotions on treatment areas.

HYDRAFACIAL POST TREATMENT INSTRUCTIONS

After treatment, please be aware and observe the following:

- Use sunscreen with SPF 30 or higher daily for 3-5 days post-treatment.
- Makeup may be applied the day after treatment.
- You may resume your regular skincare routine 24 hours after treatment.
- Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity. You may experience tingling and stinging during the treatment area.
- Avoid any exfoliation to the area for 48 hours post-treatment.
- To keep the area clean, avoid heat sources, including hot showers, saunas, and cardio workouts that may produce sweat for 24 hours.
- You may wash your face the following morning using the products recommended by your aesthetician.
- Do not use topical retinol for 2 days following treatment.

You will likely see results immediately after treatment and your skin will feel smooth and hydrated for one to four weeks. For improved, longer lasting results, consider take-home products and monthly HydraFacial treatments.