



# After Care Instructions

## Hydrafacial

**Typical Recovery:** Typical recovery: minimal downtime; mild redness for a few hours

### Aftercare Instructions

- Mild redness or warmth is normal and usually resolves within a few hours.
- You may resume normal skincare after 24 hours, but avoid harsh scrubs or chemical exfoliants.
- Avoid makeup for at least 12–24 hours if possible, to allow serums to fully absorb.
- Daily Care (First 3 Days): Apply a gentle, hydrating moisturizer twice daily. Use SPF 30 or higher every morning, even if staying indoors.
- Avoid direct sun exposure, tanning beds, and saunas.
- Do not use retinol, AHA/BHA products, or chemical peels for 48 hours.

### Hydration & Protection

- Makeup can be applied after 12–24 hours, provided skin is calm.
- Avoid heavy or occlusive foundations for the first day if skin is sensitive.

### Additional Tips

- Avoid picking, scratching, or exfoliating the skin manually.
- Do not use hot tubs, steam rooms, or engage in vigorous exercise that causes heavy sweating for 24–48 hours.
- If you notice unusual redness, swelling, or irritation lasting longer than 24–48 hours, call our office at (703) 766-2220.

**These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.**