**HYDRABRASION POST-FACIAL INSTRUCTIONS**

**What to expect:**

* There is no downtime with HydraBrasion. After the treatment, the skin may feel tight with mild redness and normally subside within 24 hours.
* Dry skin or flaky skin can occur in the initial days. It is important to HYDRATE the skin day and night for proper skin recovery.
* A mild breakout can occur after an exfoliating facial in the initial days and will resolve on its own. Do not apply anything to try to correct the breakout.

**We recommend that clients adhere to the following instructions after treatment:**

* Allow your skin to settle until the next morning. If you must cleanse, use a gentle cleanser.
* For 24 Hours after treatment: No swimming. No heavy makeup.
* For 48 Hours after treatment: No sauna, sun beds or direct sun exposure
* For 72 Hours after treatment or up to 7 days:
	+ **IMPORTANT:** Do not use any exfoliating products and tools:
		- AHA (lactic acid, glycolic acid, malic acid, mandelic acid, citric acid, tartaric acid)
		- BHA (salicylic acid)
		- Enzyme mask/peel
		- Retinol (over-the-counter, medical-grade, or prescription)
		- Clarisonic brush and PMD device
		- Scrubs
		- Facial waxing
		- The newly abraded skin is receptive to any products applied, so the use of any exfoliants after treatment can irritate the skin.
	+ Avoid oil-based serums and moisturizers including vitamin E. These can be pore clogging especially on oily and acne-prone skin.
* For 2 weeks: do not receive any exfoliating facials (chemical peels, microdermabrasion, microneedling, PRP vampire facial, laser hair removal, photorejuvenation, resurfacing laser treatments, etc).

**At all times during a course of treatment:**

* Use physical sunscreen of minimum SPF 40
* Exposure to sun should be avoided or kept minimal. Wear a hat, stay under shade.
* Regular moisturizer applications are vital to replenish moisture and prevent the skin from becoming dry and peeling

**When to have your next HydraBrasion facial:**

* Every 4 weeks is ideal
* At least 4 weeks before any event
* If you received Botox/Dermal fillers, wait 14 days before coming for your hydrabrasion facial, including any touch up injections, in order to allow botox/fillers to settle.
* Laser Treatments: A course of laser treatments cannot run concurrently with a course of hydrabrasion treatments. Please allow at least 2 weeks before commencing hydrabrasion after completing any form of laser.