

MILL CREEK SKIN & LASER

HYDRAFACIAL

Pre-and Post Treatment Instructions

IMPORTANT:

- Please alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- **We CANNOT treat you if:**
  - you are pregnant or breastfeeding
  - have been on Accutane in the last 6 months
  - have an active acne breakout
  - have an active sunburn
- The treatment area is more susceptible to sunburn, sun damage and hyperpigmentation. Please avoid direct sun exposure and use a minimum SPF30 sunscreen.
- HydraFacial treatments are recommended monthly to maintain long-term skin health results.
- Results can vary from person to person.

Please follow these steps for optimal results.

1. Discontinue the use of topical Retin-A or generic tretinoin for at least 48 hours before and after treatment.
2. Refrain from any type of exfoliating treatments such as glycolic acid or enzymes to the area for 48 hours before and after treatment.
3. Refrain from any medium and/or deep chemical resurfacing treatments (peels) and laser treatments for 1 month before and after your HydraFacial MD treatment.
4. Refrain from waxing and use of depilatories for at least 48 hours before and after treatment.
5. Discontinue use of over-the-counter acne medications such as benzoyl peroxide and salicylic acid for 48 hours before and after treatment.
6. Avoid excessive sun exposure as well as the use of artificial tanning beds for 72 hours before and after treatment. Always wear sunscreen!
7. Wait 2 weeks after fillers to undergo a treatment. Botox can be given on the same day but AFTER your HydraFacial treatment.
8. For men, shaving is not recommended on the day of treatment. If you choose to shave, please shave at least 3-4 hours prior to your treatment.
9. Avoid heat (hot showers, sauna, and intense cardio) for 24 hours after treatment.
10. If you do not need to apply makeup for the remainder of the day (on the day of your treatment), then wait until the next morning to wash your face.

**What to Expect 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.

If under 18 years of age, parent or guardian must sign below.

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Patient Name (Print)

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guardian Name (Print) – if applicable

\_\_\_\_\_  
Guardian Signature / Relationship

\_\_\_\_\_  
Date