



## **SUGGESTED HOMECARE REGIMEN FOR POST MICRODERMABRASION, CHEMICAL EXFOLIATION & HYDRAFACIAL TREATMENTS**

- For the next 24 hours, strenuous exercise, or any activity that causes excess perspiration, is not recommended. While it will not harm or hinder your skin care treatment progress, the perspiration can be irritating.
- Swimming in a chlorinated pool, hot tubs, saunas and treated whirlpool baths are not recommended for at least 3-4 days. Do not put your face into a HOT shower. Warm water is recommended.
- • SPF Daily. It is imperative that NO TANNING is done while you are undergoing these treatments, as your skin may burn and the beneficial results of the treatments may be reduced.
- AHA( glycolic, lactic, salicylic) usage should be discontinued 3-5 days after treatments or until your skin feels back to normal
- Refrain from waxing and depilatories for at least 3- 5 days.
- Do not use your clarsonic or other types of scrub brushes or scrubs on your face.
- Avoid makeup unless mineral based for the rest of the day if possible.
- Drink additional water.
- Stay cool. Heating internally and externally can cause complications.
- Avoid using Retin A for 7-10 days
- Moisturize over the next 1-5 days or until skin feels back to normal. Moisturizer and Cleanser should be gentle and should not contain active ingredients (AHA's, scrubs, etc.).

Your treated skin may be sensitive to any alpha hydroxy products, Retinoid products, some tyrosinase inhibitors and the sun for a number of days, so please read the following home care recommendations carefully. Your skin care specialist will go over this information with you before you leave the clinic, but if you have any questions please do not hesitate to call us at 608-240-0088.

If you are undergoing a series of exfoliation/microdermabrasion treatments, remember to discontinue AHA and Retinoid use (Retin-A, Micro-Encapsulated Retinol) at least 3 days before your next appointment.

If you did not make your next appointment before leaving please call us at 240-0088.