

Radiance

HEMOCARE GUIDELINES MICRODERMABRASION, CHEMICAL EXFOLIATION & HYDRAFACIAL

What to avoid post treatment and for how long:

- Applying make-up for the remainder of your treatment day.
- Strenuous exercise, or any activity that causes perspiration, for 24 hours post.
- Swimming in a chlorinated pool, hot tubs, saunas, treated whirlpool baths, and hot showers (warm is great) for at least 3-4 days.
- Waxing and depilatories for at least 3- 5 days.
- Using facial cleansing devices for 5-7 days.
- Using Retin-A or Retinols for 7-10 days.
- AHA/BHA ingredients (glycolic, lactic, salicylic) for 3-5 days.
- Sun exposure without protection. Wear SPF 30 or higher (mineral spf with Zinc & Titanium is preferred) and be sure to reapply every 2 hours.
- It is imperative to avoid tanning while doing any treatments.

Be sure to use a gentle cleanser & moisturizer over the next 1-5 days.
If you purchased a PCAskin post peel kit, please follow the instructions provided on the kit.

It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately! A follow-up for reactions will be necessary within 2 weeks of the treatment date.

During business hours call 608-240-0088. After business hours call/text Taylor Hill, FNP @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.