



MODERN DERMATOLOGY  
WESTPORT, CT

tel (203) 635-0770 | fax (203) 635-0771  
www.moderndermct.com

## HYDRAFACIAL PRE & POST CARE INSTRUCTIONS

### BEFORE YOUR TREATMENT

- Let your physician know if you have ever taken oral isotretinon (Sotret, Claravis, Myorisan, Amnesteem, Absorica, Accutane)
- Discontinue use of topical prescriptive medications for 48 hours (Retin-A, Tazorac, Differin, EpiDuo, Ziana)
- Refrain from any type of exfoliating treatment(s) (Glycolic, Enzymes) to the area of treatment for 48 hours
- Refrain from Waxing and use of Depilatories for 48 hours
- Discontinue use of OTC acne medication (Benzoyl Peroxide, Salicylic) for 72 hours
- If you are prone to cold sores, HydraFacial may cause a break out; ask your physician for a prophylactic treatment such as Valtrex
- Avoid sun exposure and or tanning creams/sprays for at least 72 hours
- No toxin or filler injections immediately before
- Shaving is not recommended before Gentlemen's HydraFacial Treatment. If you choose to shave, please shave at least 3-4 hours prior to your treatment

### AFTER YOUR TREATMENT

- Avoid sun exposure for at least 48 hours (although, we recommend this indefinitely) to prevent UV rays from damaging your skin which slows down the benefits of the HydraFacial. Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher and topical antioxidants to maintain your improved skin
- Injections can be resumed in 24 hours
- Waxing and depilatories can be resumed in 48 hours
- Avoid heat (hot showers, Sauna, and intense cardio) for 24 hours
- If you do not need makeup for the evening of treatment, wait until the next morning
- Topical prescriptive medications can be resumed in 48 hours
- OTC acne medication may be resumed in 48 hours
- The above is a guideline and not exclusive. Please contact us with any questions or concerns.

*If you have any questions or concerns, please call the office at 203-635-0770.*