



## PRE-TREATMENT INSTRUCTIONS

### Hydrafacial® Procedure

If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day prior to HydraFacial.

Notify the center if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

#### **For two weeks before the procedure, AVOID:**

- Chemical Peels and Laser/IPL treatments
- Botox/Xeomin
- Fillers
- Avoid sun exposure for 2 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.

#### **For 2 or 3 days before the procedure, AVOID:**

- Hydroquinone
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.)
- Harsh exfoliants

*\*\*If you have previously suffered from facial cold sores, please inform us as there is a risk that the needle punctures could contribute to another eruption of cold sores.\*\**

*Please contact our office at 903-357-5108 with any questions or concerns.*



## POST-TREATMENT INSTRUCTIONS

### Hydrafacial® Procedure

You may resume normal skin care regimen 2 days after treatment. If skin still feels irritated, test spot your skin care products first.

Discontinue Retin A for 2 days following.

Avoid unprotected sun exposure and/or tanning beds for at least 2 days post treatment.

Use sunscreen SPF 30 or higher daily.

Make-up may be applied post treatment.

*Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467.*

Please make an appointment for follow-up and reassessment in 4 weeks.

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**Patient Name (please print)**

**Patient Signature**

**Date**