

PATIENT INSTRUCTIONS FOR HYDRAFACIAL & MICRODERMABRASION

BEFORE:

- 1. Discontinue Retin-A and Retinol containing products 5 days prior to the procedure**
- 2. Avoid electrolysis and Laser hair removal within five days microdermabrasion and facial waxing within 48 hours**
- 3. Discontinue Glycolic Acid Cream one day before the microdermabrasion.**
- 4. Please let the doctor or aesthetician know if you do not follow the above instructions prior to the microdermabrasion.**

AFTER:

- 1. Use a moisturizing, non-comedogenic sunscreen with an SPF of at least 30**
- 2. Use a gentle cleanser when washing your face for two days after the procedure.**
- 3. Your maintenance routine can be restarted on the evening of the day following the procedure unless your skin feels dry.**
- 4. Please call the office if you feel you are having any unexpected reactions or any concerns.**