

HydraFacial® Pre & Post Care

Pre-Treatment Care

To ensure optimal results and skin readiness:

- Avoid sun exposure and tanning for 1 week prior
 - Apply SPF 30+ daily
- Discontinue for 2–3 days prior:
 - Retinoids
 - Hydroquinone
 - Exfoliating acids (AHA/BHA)
- If you have a history of cold sores (HSV):
 - Begin prophylactic antiviral therapy (e.g., Valtrex) no later than the day prior
- Treatment timing considerations:
 - HydraFacial may be performed same day before Botox/filler
 - Or wait 4–7 days after injectables
- If you are pregnant or breastfeeding, please notify your provider so your treatment can be appropriately modified

Post-Treatment Care

HydraFacial deeply cleanses, exfoliates, and hydrates—your skin will be fresh, polished, and more receptive to products.

What to Expect

- Immediate glow, hydration, and smoothness
- Mild redness or sensitivity may occur and typically resolves within a few hours
- Occasional light flaking may occur

Skincare & Healing

- You may resume your normal skincare routine within 24–48 hours
 - If skin feels sensitive, ease back in gradually and test products first
- Focus on:
 - Hydration and barrier support
 - Gentle, non-irritating products

Sun Protection (Essential)

- Apply SPF 30+ daily
- Reapply every 2 hours when outdoors
- Avoid prolonged sun exposure immediately following treatment

Makeup

- Makeup may be applied immediately after treatment if skin is not irritated

What to Avoid

- Avoid aggressive exfoliation or active treatments for 2–3 days
- Avoid additional procedures unless directed by your provider

When to Contact RN Esthetics

Please notify us if you experience:

- Persistent redness or irritation beyond 48 hours
- Signs of infection or unexpected reaction
- Any concerns with your skin following treatment

Pro Tip

HydraFacial is the perfect monthly maintenance treatment to keep your skin clean, hydrated, and glowing—especially when paired with a customized skincare regimen.