

Nano Facial Pre & Post Care

Pre-Treatment Care

To ensure optimal results and skin readiness:

- Avoid retinoids, exfoliating acids (AHA/BHA), and physical scrubs for 2–3 days prior
- Avoid sun exposure and tanning for at least 3–5 days prior
- Do not receive waxing, dermaplaning, chemical peels, or laser treatments in the area for 5–7 days prior
- Skin must be healthy and intact:
 - No active acne cysts, open lesions, or irritation
 - No sunburn
- Notify your provider if you have:
 - Active cold sores (HSV)
 - Recent procedures or changes in skincare
- Arrive with clean, makeup-free skin

Post-Treatment Care

Nano infusion enhances product absorption and delivers targeted ingredients into the skin—your skin will be more receptive and slightly sensitive.

What to Expect

- Skin may appear slightly pink or flushed for a few hours
- Immediate hydrated, glowing appearance
- Minimal to no downtime

First 24 Hours

- Avoid:
 - Makeup (recommended to allow skin to fully absorb treatment)
 - Exercise or excessive sweating
 - Heat (saunas, steam rooms, hot showers directly on face)
- Do not touch or apply unnecessary products to the skin

Skincare & Healing

- Use gentle, hydrating skincare products

- Focus on:
 - Hyaluronic acid
 - Peptides
 - Barrier-repair moisturizers
- Avoid:
 - Retinoids, exfoliants, Vitamin C, and active ingredients for 24–48 hours
 - Harsh toners or scrubs

Sun Protection (Important)

- Apply SPF 30+ daily
- Avoid direct sun exposure for at least 48 hours
- Wear protective hats when outdoors

Makeup

- May resume after 24 hours, if skin is not sensitive

What to Avoid

- No additional exfoliation or aggressive treatments for 3–5 days
- Avoid combining with other advanced treatments 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 healing

Pro Tip

Nano facials are perfect for maintenance and glow between more advanced treatments. Regular treatments paired with medical-grade skincare will keep your skin consistently hydrated, smooth, and radiant.