



## WHAT IS A HYDRAFACIAL?

HydraFacial is the only hydradermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with little-to-no downtime.

The treatment is soothing, moisturizing, non-invasive and generally non-irritating. As with most procedures, visible results from HydraFacial will vary from person to person.

## WHAT TO EXPECT:

- Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity.
- You may experience tingling and stinging in the treatment area. These sensations generally subside within a few hours.
- Client experiences may vary. Some clients may experience a delayed onset of these symptoms.
- You will likely see results immediately after treatment and your skin may feel smooth and hydrated for one to four weeks with appropriate home care to maintain treatment results.
- The skin is more susceptible to sunburn/sun damage. Avoid excessive sun exposure and use a minimum of SPF 30 sunscreen.

## BEFORE YOUR HYDRAFACIAL PLEASE ADHERE TO THE FOLLOWING:

- Stop use of Isotretinoin for 6 months prior to treatment (Sotret, Claravis, Amnesteem, and Accutane).
- Stop use of topical prescriptive medications for 48 hours prior to treatment (Retin-A®, Tretinoin®, Tazorac®, Dierin®, EpiDuo®, Ziana®).
- Do not perform from any exfoliating treatment(s) such as glycolic and enzymes) to the area of treatment for 48 hours.
- Refrain from any medium to deep chemical resurfacing and laser treatments for 1 month prior to treatment.
- Refrain from waxing and use of depilatories for 48 hours prior to treatment.
- Discontinue use of OTC acne medications (Benzoyl Peroxide, Salicylic Acid) for 48 hours prior to treatment.
- Hydrafacial may cause a breakout; thus, if you are prone to cold sores ask your doctor for a prophylactic treatment such as Valtrex. Please use medication 2 days before, during and 2 days after.
- Avoid tanning, excessive sun exposure, or chemical tanning agents such as creams or sprays for at least 3 days before your Hydrafacial.
- Wait at least one week after having Botox® and filler injections before a Hydrafacial treatment.
- For Gentlemen's Hydrafacial treatment, please shave at least 3-4 hours before your treatment if you wish.
- The day of your appointment a full consultation will be provided. If you have any special health considerations, allergies, pregnant, etc., be sure to notify us when you make your appointment.

## POST-TREATMENT CARE AND EXPECTATIONS:

- Following your treatment, the skin will be freshly exfoliated and exposed; please avoid sunbathing for at least 48 hours (we recommend this indefinitely) to prevent UV rays from damaging your skin which diminishes the benefits of Hydrafacial treatments. Clients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF 30 or higher to maintain your improved skin.
- Botox and fillers may be given 1 week after your Hydrafacial treatment.
- Waxing and depilatories can be resumed in 48 hours.
- Avoid heat (hot showers, sauna, and intense cardio) for 24 hours.
- Face should remain makeup free until the following morning for best results as this will allow the skin to breathe, but makeup can be applied.
- Resume topical prescriptive medications in 48 hours.

## Maintain your skin health by following the below recommendations

- Drink plenty of water
- Exercise regularly
- Avoid tanning beds
- Eat a balanced diet
- Get plenty of sleep
- Minimize alcohol consumption
- Take a daily vitamin
- Avoid smoking
- Manage daily stress

## Do you have any of the following?\*

- Active acne or infection \_\_\_\_\_ Yes No
- Open lesion or cold sore \_\_\_\_\_ Yes No
- An active infection in the treatment area \_\_\_\_\_ Yes No
- Active sunburn \_\_\_\_\_ Yes No
- Skin conditions such as eczema, dermatitis, or rashes \_\_\_\_\_ Yes No
- An autoimmune disease such as lupus \_\_\_\_\_ Yes No
- A viral concern such as HIV or hepatitis \_\_\_\_\_ Yes No
- Anticoagulants Therapy \_\_\_\_\_ Yes No
- Melanoma or lesions suspected of malignancy \_\_\_\_\_ Yes No
- Pregnancy or lactation \_\_\_\_\_ Yes No
- Neurological disorders such as epilepsy (LED Lights) \_\_\_\_\_ Yes No
- Infection in the urinary system i.e. kidneys, bladder and urethra (Lymphatic drainage) \_\_\_\_\_ Yes No
- Crohn's Disease (Lymphatic drainage) \_\_\_\_\_ Yes No
- Hyperthyroidism (Lymphatic drainage) \_\_\_\_\_ Yes No
- Deep Venous Thrombosis (Lymphatic drainage) \_\_\_\_\_ Yes No
- Lymphedema (Lymphatic drainage) \_\_\_\_\_ Yes No

\*Saying yes does not preclude you from receiving treatments.

## Have you recently?

- Used Accutane, topical medications or antibiotics \_\_\_\_\_ Yes No
- Had aesthetic fillers, injectables or laser treatments \_\_\_\_\_ Yes No

## I acknowledge the following:

- I will avoid the use of aggressive exfoliation, waxing, and products containing glycolic acids or retinols that are not part of the recommended take-home regimen in the treated areas for minimum 2 weeks pre-and post-treatment.
- Photos may be taken before, during and after the HydraFacial treatment. Photos will only be used with my written approval for education, promotion or advertising purposes.
- The information provided has been explained to me and all my questions have been answered to my satisfaction. I have read the above information, and I give my consent to have the HydraFacial treatment by the staff at [\[Insert\]](#).
- By signing below, I acknowledge that I have read the above information and give my consent to be treated with the HydraFacial System.
- This consent form is valid for all future HydraFacial treatments. I will alert the staff if there are any future changes to my medical history.

Print name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_