

Element

Medical Aesthetics

80 Main Street | New Canaan, CT | 203.594.1907 | hello@elementct.com

FACIALS/HYDRAFACIALS PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Avoid all blood thinners 1 week prior to lessen chances of bruising. This may include: aspirin, ibuprofen, Our facials may include a combination of hydradermabrasion (Hydrafacial), exfoliation, extractions, peels, and dermaplaning depending on your skincare needs.
- Stop applying retinoids and exfoliating treatments 5-7 days before treatment.
- Limit UV exposure 2 weeks prior to and after your treatment. Wear SPF daily.
- Stop waxing, depilatory creams, electrolysis, and laser treatments to the area of treatment 1 week prior.
- Wait 24 hours after Botox and one week after filler before getting a facial.

POST TREATMENT INSTRUCTIONS

- When cleansing, do not scrub. Use a gentle cleanser.
- If your facial included a peel, your skin may start to peel 1-3 days after the peel and continue for up to a week. Your skin may not peel at all.
- Do NOT peel, pick, or scratch the treated area, as this may result in scarring.
- Do NOT use products that can cause irritation, such as glycolic acid, salicylic acid, or retinol, for 5-7 days.
- Apply gentle moisturizer, such as Cerave PM, as needed (unless instructed otherwise).
- Apply a sunscreen with SPF 30 or higher daily.

FOLLOW-UP TREATMENT

- Recommended every 4-6 weeks for overall skin care.
- Please contact us with any questions or concerns you may have.