



# AFTERCARE

## HYDRAFACIAL



Hydrafacial is a multi-step, non-invasive facial treatment that addresses a range of skin concerns including wrinkles, acne and dullness through cleansing, exfoliation and hydration.

The process utilises patented Vortex-Fusion technology to extract impurities without discomfort and infuses the skin with nourishing serums, antioxidants, peptides and hyaluronic acid.

A treatment typically includes cleansing, exfoliation, extraction and hydration.

### HOW SOON WILL I SEE THE RESULTS AND HOW LONG WILL THEY LAST?

Results can be instantly visible after just one treatment and last 7 days and longer and it is recommended, for optimised results, that one treatment per month will build on the success of previous treatments, particularly in the case of remedial results such as fine lines, wrinkles, brown spots and oily or congested skin.

### POST TREATMENT CARE TIMELINE

| THE NEXT FEW HOURS                                                                                                                                         | TODAY | TOMORROW | THE NEXT WEEK | THE NEXT 2 WEEKS |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----------|---------------|------------------|
| <div><div>✗</div><div>Avoid washing your face for the first <b>6-8 hours</b>.</div></div>                                                                  |       |          |               |                  |
| <div><div>✗</div><div>Avoid wearing makeup for <b>24 hours</b> to avoid bacteria from entering the skin.</div></div>                                       |       |          |               |                  |
| <div><div>✗</div><div>Steer clear of heat, so avoid saunas, hot tubs or showers for <b>24 hours</b></div></div>                                            |       |          |               |                  |
| <div><div>✗</div><div>Limit sun exposure wherever possible - avoid direct sun and wear a hat if you go outside in the next <b>24 hours</b>.</div></div>    |       |          |               |                  |
| <div><div>✗</div><div>Use gentle products on the treated areas of your skin, using a mild-non-foaming cleaner, for the <b>first 48 hours</b>.</div></div>  |       |          |               |                  |
| <div><div>✓</div><div>Hydrate by drinking plenty of water and applying a hydrating, non-comedogenic moisturiser for the <b>first 48 hours</b>.</div></div> |       |          |               |                  |
| <div><div>✗</div><div>Avoid harsh ingredients like retinols, AHAs, BHAs or other exfoliating products for the <b>first 48-72 hours</b></div></div>         |       |          |               |                  |
| <div><div>✗</div><div>Do not have any other treatments for the first week or so – including waxing, threading or depilatory creams</div></div>             |       |          |               |                  |
| <div><div>✓</div><div>Use a broad spectrum sunscreen with at least SPF 30 every day</div></div>                                                            |       |          |               |                  |
| <div><div>✓</div><div>Continue to moisturise regularly with a gentle, non-comedogenic product.</div></div>                                                 |       |          |               |                  |
| <div><div>✗</div><div>Avoid harsh treatments for about <b>2 weeks</b>.</div></div>                                                                         |       |          |               |                  |
| <div><div>✓</div><div>Drink plenty of water to keep your skin hydrated from the inside out <b>every day</b>.</div></div>                                   |       |          |               |                  |



### WHEN TO SEEK URGENT REVIEW

**Severe Pain or Swelling:** If you experience intense pain, excessive swelling, or persistent redness that worsens instead of improving.

**Signs of Infection:** Symptoms such as fever, chills, warmth, or pus at the injection site could indicate an infection and require immediate attention.

**Unusual Lumps or Discoloration:** If you notice hard, painful lumps or skin discoloration (such as white or bluish patches), seek medical advice promptly, as this may indicate a rare vascular issue.

If you experience any of these symptoms, contact your practitioner or seek medical help immediately.

If you have any questions or need any advice, then please do get in touch.