



# FACIAL POST CARE INSTRUCTION SHEET

## **In the next 24-48 hours AVOID:**

- Pools, hot tubs and saunas
- Hot showers or baths (wait to shower the day after your treatment if possible and with cooler than normal water)
- Any hot water on the treatment areas
- Sun exposure without sunscreen
- Tanning beds
- Working out/ excessive sweating
- Picking or peeling flaking skin
- Touching the face with unclean hands
- Products with active ingredients such as retinol, AHAs such as glycolic acid, lactic acid, BHA salicylic acid
- Exfoliating the skin
- Hair removal services such as threading or waxing or laser hair removal services within 1 week of treatment
- Other facial treatments for 2 weeks ie. chemical peels, microdermabrasion, laser, IPL
- Applying makeup (if you prefer to wear makeup ideally mineral is safest)

## **THINGS TO DO:**

- Apply sunscreen liberally every morning and every 2 hours if sun exposed
- Apply calming post-treatment cream as needed to keep the skin hydrated
- Use gentle cleansers without exfoliating ingredients
- Keep the skin clean, hydrated and cool
- Change your pillow case
- Wipe down your phone and sunglasses/-glasses with antibacterial wipes
- Keep your hair up and away from your face
- Once your skin has returned to its normal state ie. no redness or swelling (from extractions) 2-3 days after your treatment you may begin using your routine skin care products

IF YOU HAVE ANY QUESTIONS OR  
CONCERNS, PLEASE CONTACT US AT THE  
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