

## **Hydrafacial Aftercare Instructions**

Thank you for choosing us for your Hydrafacial. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

### **What to Expect:**

- Immediate results — radiant, hydrated, and glowing skin
- Minimal to no redness or irritation
- Some mild dryness or tightness may occur as the skin adjusts to the treatment
- Results are typically immediate, with long-term benefits from consistent treatments

### **Immediately After Treatment:**

- Skin will feel clean, smooth, and refreshed
- Mild redness or a “rosy” glow is common but should resolve within a few hours
- You may notice a slight tingling sensation if you receive extractions or a chemical peel during the treatment
- Makeup can be applied immediately after treatment if desired

### **First 24 Hours:**

- Avoid direct sun exposure and apply SPF 30+ or higher if going outside
- Refrain from strenuous exercise or sweating for 24 hours to prevent irritation
- Do not use harsh exfoliating products or retinoids in the treated area for at least 24 hours
- Keep the skin hydrated by applying a gentle moisturizer (preferably one recommended by your provider)
- Avoid hot showers, saunas, or steam rooms

### **Ongoing Care (Days 2-14):**

- Continue applying SPF 30+ daily to protect your skin from UV rays
- Stay hydrated and maintain a healthy skincare routine with gentle cleansers and moisturizers
- Avoid active ingredients like retinoids, glycolic acid, or Vitamin C for 2–3 days post-treatment, unless otherwise instructed
- If any mild dryness or peeling occurs, continue moisturizing to keep the skin nourished

# ShimChing MD

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- You may resume normal skincare routines, but be cautious when introducing new products

## **When to Contact Us:**

- Please reach out immediately if you experience:
- Excessive redness, irritation, or swelling that persists beyond a few hours
- Signs of infection (pus, crusting, or unusual discharge)
- Unusual or intense discomfort
- If you have concerns about your skin's response to the treatment

## **Additional Tips:**

- For best results, consider a regular HydraFacial treatment schedule (monthly or as recommended by your provider)
- Maintain a healthy lifestyle with proper hydration, a balanced diet, and good skincare habits
- Avoid picking or squeezing any blemishes or areas of congestion for the best results
- HydraFacial treatments can be combined with other skin treatments for enhanced outcomes — consult your provider for recommendations

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!