

Pre-and-Post Care Instructions

Hydrafacial™

Understanding Your Hydrafacial Treatment

Hydrafacial combines cleansing, chemical exfoliation, painless extractions, and hydration simultaneously. Depending on your treatment level (Signature, Deluxe, or Platinum), your appointment may also include:

- Lymphatic drainage to reduce puffiness
- A gentle glycolic and salicylic peel
- Manual extractions as needed
- Customized boosters for pigmentation or fine lines
- LED light therapy for collagen support or acne calming

You may experience mild tingling during the peel step. Temporary redness or tightness can occur and typically resolves within 24–72 hours.

Most clients see an immediate glow and improved hydration that lasts 1–4 weeks.

Hydrafacial Preparation: Pre-Care Instructions

Preparing your skin properly reduces the risk of irritation and allows us to safely perform the exfoliation step.

These Hydrafacial pre-care guidelines should be followed before your appointment at our Thousand Oaks med spa.

48 Hours Before Your Hydrafacial

Please discontinue:

- Retinol, Retin-A, tretinoin, adapalene
- Glycolic, salicylic, or lactic acids
- Exfoliating scrubs or brushes
- Prescription topical acne medications, unless directed

This helps prevent over-exfoliation and excess sensitivity.

2–4 Weeks Before Treatment

- Avoid medium or deep chemical peels
- Avoid laser resurfacing treatments unless approved

72 Hours Before Treatment

- Avoid excessive sun exposure
- Avoid tanning beds and self-tanning products
- Do not arrive with sunburned or windburned skin

Sun-sensitized skin increases the risk of inflammation and may lead to unwanted pigmentation.

Injectable Timing

- Avoid neurotoxins or dermal fillers 7–10 days before
- Injectables may be performed immediately after your Hydrafacial

Day of Treatment

- Arrive with clean skin
- Avoid heavy makeup
- Shave 24 hours prior if needed
- Inform us of medication changes, especially antibiotics

If you are unsure how to prepare for your Hydrafacial, contact Corinne Aesthetics prior to your appointment.

What to Expect After Your Hydrafacial

Hydrafacial has minimal downtime, which makes it ideal for busy women who want results without disruption.

Immediately after treatment, you may notice:

- Mild redness
- Slight tightness
- A dewy glow
- Enhanced hydration

These reactions are temporary and typically resolve within 72 hours.

Your skin will be more sensitive to UV exposure and active ingredients during the healing window.

Hydrafacial Aftercare: Post Care Instructions

Following proper Hydrafacial aftercare helps protect your results and prevent irritation.

First 24 Hours After Treatment

- Avoid makeup if possible
- Avoid strenuous workouts
- Avoid hot tubs, saunas, and steam
- Do not use retinol or exfoliating acids
- Avoid facial waxing

First 48 Hours

- Avoid direct sun exposure
- Wear SPF 40 or higher daily
- Avoid aggressive exfoliation
- Avoid resurfacing treatments

Your skin is more susceptible to sun damage and hyperpigmentation during this time.

General Recovery Tips

To support your Hydrafacial healing process:

- Drink plenty of water
- Prioritize sleep
- Minimize alcohol
- Avoid smoking
- Maintain a gentle skincare routine

Consistency with monthly treatments often produces the best long-term improvement in tone and texture.

When to Contact Corinne Aesthetics

If you experience prolonged redness, swelling, or irritation that worsens rather than improves, contact our office immediately.

Your safety and skin health are our priority.

Hydrafacial in Thousand Oaks at Corinne Aesthetics

At Corinne Aesthetics, we customize every Hydrafacial based on your skin goals and condition. Whether you are targeting uneven tone, dull texture, dehydration, or congestion, proper Hydrafacial preparation and aftercare are essential for maintaining your results.

If you have questions about your Hydrafacial pre- and post-care instructions, we are always here to guide you.