

H2O HydroFacial After Care Instructions

- **Avoid excessive sun exposure and tanning beds for 72 hours after treatment.**
- **Only wash your face the following morning after your treatment.**
- **Apply our recommended tinted or non-tinted SPF of 30 or greater, 3-5 days after treatment.**
- **Discontinue the use of topical Retin-A or generic tretinoin for at least 48 hours prior to treatment.**
- **Avoid the sun. Avoid lengthy sun exposure for the next week.**
- **Do not pick/scratch/wax/thread/tweeze the area for at least 3-5 days.**
- **Avoid heat for 24 hours after treatment. This includes hot showers, intense cardio, and saunas.**
- **If you do not need to apply makeup for the remainder of the day it is preferred to go without.**
- **Refrain from any harsh exfoliating treatments and lasers for 48 hours.**