

HYDRAFACIAL

aftercare



MERAKI SKIN CLINIC

AFTER CARE



Do not wash your face tonight. Wait until the next morning. Use a gentle face wash, and avoid cleansers containing active ingredients like salicylic acid or glycolic acid.



Do not apply makeup to the treated areas for 24 hours.



Do not shower and exercise on the day of your treatment, as this will produce sweat and bring out the hydration serum we've applied.



Avoid heat (hot showers, saunas, sun exposure) for at least 72 hours after the treatment.



Please ensure you use sunscreen (SPF 30+) every day after your treatment.



Avoid facial treatment or laser treatments for at least 2 weeks.



For 48 hours after the treatment, please avoid the following:

- Topical Retin-A or generic tretinoin
- Waxing the treatment area
- Exfoliating treatments like glycolic acid or enzymes
- OTC acne medications like benzoyl peroxide or salicylic acid

WHAT TO EXPECT

- You may experience temporary irritation, tightness, redness, or slight swelling which usually dissipates within 72 hrs depending on skin sensitivity.
- Flaking of the skin may occur on the 2nd or 3rd day after treatment and may last for up to 5 days. These are additional dead skin cells that were released by the chemical peel.

Maintain your skin health by following the below recommendations

- Drink plenty of water
- Eat a balanced diet
- Take a daily vitamin
- Exercise regularly
- Get plenty of sleep
- Avoid smoking
- Avoid tanning beds
- Minimize alcohol consumption
- Manage daily stress