



Hydrodermabrasion Before and After Care

Prior to the Hydrodermabrasion treatment, please observe the following:

- Avoid sun exposure for 1 week prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use exfoliants for 1 week prior to treatment.
- Discontinue use of Retinoids (Renova, Tretinoin, Retin A, Retin A Micro, Over-the-Counter Retinol, Tri-Luma, Solage, etc.) at least 3 days prior to treatment.
- Discontinue use of Hydroquinone 3 days prior to treatment.
- If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day prior to treatment.
- Botox and fillers injected up to 2 weeks prior is not recommended.
- Notify us if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

After-care instructions for Chemical Peels:

- You may resume normal skin care regimen 2 days after treatment. If skin still feels irritated, test spot your skin care products first.
- Discontinue Retinoids for 2 days following.
- Avoid unprotected sun exposure and/or tanning beds for at least 2 days post treatment.
- Use sunscreen SPF 30 or higher daily.

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.