



Ultimate Duo – Aftercare Card

Immediately After Treatment

- Use a gentle cleanser with no actives (Hydrinity Prelude Cleanser or Skinbetter Cleansing Gel).
- Follow with the Hydrinity Restorative Kit:
 1. Hyacyn Active Spray after cleansing.
 2. Restorative HA Serum as moisturizer.
 3. Optional – Light layer of Aquaphor if extra moisture is needed.
- Redness for 5–7 days is normal. Use ice globes or ice packs as needed.

Morning Routine

1. Gently cleanse and blot dry with a disposable towel.
2. Apply post-treatment products.
3. Wait 10 min, then apply zinc oxide SPF 30+.
4. Let sunscreen rest 5 min.
5. Apply Aquaphor if needed.
6. Reapply Aquaphor every 3–4 hours to maintain moisture.
7. Avoid scrubs/exfoliants for 7–14 days.

Evening Routine

1. Gently cleanse and blot dry.
2. Apply post-treatment products.
3. Apply Aquaphor if needed.

Exposure & Activity Guidelines

- Avoid pets (especially cats) and never allow licking of treated areas.
- Avoid alcohol for a few days.
- No strenuous exercise or heat exposure for 2 weeks.
- Change pillowcases daily for 7 days.
- Avoid sun exposure and always use SPF 30+ zinc oxide.

- Avoid hot tubs, saunas, steam rooms for 5 days.

XO Betty Medspa •