



## **Patient Information: Hydrafacial**

The HydraFacial MD is a professional 3 step process involving simultaneous cleansing, exfoliating, hydrating and extraction.

Repeated treatments result in smoother, luminous and younger looking skin.

The HydraFacial MD exfoliates dead skin cells and extracts impurities while simultaneously treating the healthy underlying skin with cleansing, hydrating and moisturising serums. While daily regular skin care is very important, clinical grade exfoliation is an important step to get the best skin results. We advise a regular HydraFacial treatment every 4 -6 weeks to maintain the results of your home care and clinic treatments.

### **What is the HydraFacial process?**

There are 4 steps in the HydraFacial MD experience that will cleanse and rejuvenate your skin while you relax and enjoy the treatment:

- **Step 1: Vortex Cleaning:**
  - a deep cleansing solution to removing the outer layer of oil and dirt on the skin
- **Step 2: HydroPeel Exfoliation:**
  - a light chemical peel is applied to exfoliate debris (dead skin). This lowers the pH of the skin, breaking the bonds that hold the upper dead layers of skin together to allow for the gentle removal of dead skin without irritation.
- **Step 3: Vortex Extraction:**
  - gentle vortex suction dislodges blackheads, whiteheads and sebum and extracts these impurities from deep within the pores.
- **Step 4: Infusion:**
  - antioxidants and hyaluronic acid are infused into the now clean and fresh skin to hydrate, nourish and protect skin.

### **Who can benefit from a HydraFacial MD?**

HydraFacial MD is good for all skin types, for teens, men and women. It targets:

- oily, acne prone skin & blackheads
- dull, dry, dehydrated skin
- sun damaged skin and uneven complexion
- fine lines and wrinkles
- redness
- for maintenance of results from other treatments

### **Is there any downtime with this procedure and how long do the results last?**

There is no downtime. You can make plans for right after your treatment. Your results will last for several weeks, longer if you follow up your treatment with recommended skin care.

### **What happens in a treatment?**

On the day of treatment, the area to be treated will be washed gently to remove any make up. Then the treatment will start. The HydroPeel tip will feel comfortably abrasive. When the light chemical peel is applied there can be some tingling and prickling sensation. The majority of individuals have uncomplicated treatments. Your skin may be slightly pink and well hydrated with a moist appearance when the treatment is complete. At the end of the treatment, you may apply some mineral make up or you may wish to leave your skin with it's new natural shine.

Repeat treatments are needed to maintain results. Results can vary between individuals- some people respond better than others. If you have any issues with your treatment, we encourage you to discuss this with us as we can modify our treatment to suit your skin type.

We focus on improvement and not perfection.



#### **Who should not have a HydraFacial?**

- Avoid if you have had a recent ablative skin treatment: ablative laser, strong peel, waxing or skin surgery
- If you are vegan- we can modify the Hydrafacial so a suitable treatment
- We may be able to modify your Hydrafacial if you are pregnant or breast feeding- talk to us about this at your consultation
- You may notice small bruises if you have thin skin, are on aspirin or other blood thinners.
- Recent Retin-A or retinoid use may make your skin more sensitive and red- stop 4 days before.

Talk to us about your concerns and any medications you may be on, so we can either decide to modify the treatment, or choose something more suitable.

#### **Prior to the treatment you should:**

- ensure that you have reviewed this Information Sheet and that you have had enough opportunity to ask questions and have them answered to your complete satisfaction
- ensure that you have signed the consent form
- avoid sun exposure, tanning bed or tanning products for 2-4 weeks prior
- avoid strong topical creams (Retin-A, glycolics etc.) for 4 - 7 days before and after treatment- ask us for specific advice
- You may wish to avoid taking NSAIDs (Ibuprofen) and high dose fish oil for the week prior to reduce bruising risk. If you are not sure, ask your GP.
- notify at consultation or at your treatment if you have an upcoming important event

#### **On the day of treatment you may:**

- feel a cool and soothing scrub-like sensation during the treatment
- feel some slight tingling sensation during the application of the light chemical peel
- may experience minor swelling of or around your lips or around your eyes
- notice that your skin will appear well hydrated and moist immediately after the treatment
- not apply anything to your skin until this moisture is absorbed
- avoid direct sun immediately after treatment until you can apply sunscreen
- delay reintroducing stronger topical retinoid (Vit A derivatives) creams for at least 48hrs after your treatment

The HydraFacial MD can only enhance existing skin conditions- the regular use of sun protection and prescribed skin care will prolong your treatment result and decrease the occurrence of new lesions, recurrent acne and rosacea.