The Danebury Practice

HydraFacial® Aftercare Guidance

HydraFacial is a non-invasive treatment designed to cleanse, exfoliate, extract, and hydrate the skin. Minimal downtime is expected, but correct aftercare will help maintain results and protect the skin barrier.

IMMEDIATELY AFTER TREATMENT (0–24 HOURS)

- Skin may appear slightly pink, tight, or flushed. This is normal and temporary.
- Avoid touching the face unnecessarily.
- Do not apply makeup for at least **12 hours** (ideally 24 hours).
- Avoid heat exposure such as hot showers, saunas, steam rooms, and sunbeds.

CLEANSING & SKINCARE

- Cleanse using a **gentle, non-exfoliating cleanser**.
- Apply a light, hydrating moisturiser as needed.
- Avoid harsh or fragranced products.

PRODUCTS TO AVOID (24–48 HOURS)

Avoid the following unless advised otherwise:

- Retinol / Vitamin A
- AHAs, BHAs, PHAs
- Benzoyl peroxide
- Exfoliants or scrubs

If boosters or active serums were used, follow your practitioner's specific advice.

SUN PROTECTION

- Apply a **broad-spectrum SPF 30–50 daily**.
- Avoid prolonged sun exposure for at least **48 hours**.
- Wear a hat and protective clothing when outdoors.

ACTIVITIES TO AVOID (24–48 HOURS)

- Intense exercise and excessive sweating
- Swimming (chlorine, salt water)
- Saunas, steam rooms, and hot baths
- Alcohol consumption (recommended to limit)

WHAT IS NORMAL

- Mild redness or tightness

- Increased hydration and glow
- Slight sensitivity to touch

These effects should settle within 24–48 hours.

WHEN TO CONTACT THE PRACTICE

Please contact your practitioner if you experience:

- Persistent redness or irritation beyond 48 hours
- Swelling, itching, or rash
- Any unexpected reaction

RESULTS & MAINTENANCE

- Skin will look clearer, smoother, and more hydrated immediately.
- Results typically last **4–6 weeks**.
- Regular treatments are recommended for ongoing skin health.

If you have any questions or concerns, please contact the practice.

If you have any questions or concerns, please do not hesitate to reply to this email or contact our reception team at 07503 787744.

Thank you for choosing The Danebury Practice. We look forward to welcoming you again soon.

This guidance supports but does not replace professional advice.