



Custom Medical Facial

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

- Please arrive with no makeup applied to face.
 - **Discontinue** use of Retinol/Tretinoin/Hydroquinone 3 days before facial.
 - **Do not** use any type of exfoliants 2 days before treatment.
 - Inform your provider before treatment if you have any skin allergies or have an active breakout.
 - You can NOT receive a facial if you have an active cold sore.
 - If you have recently used the medication Accutane®, it is mandatory to postpone treatment until at least six months after stopping the medication.
 - Let your esthetician know if you are currently pregnant or breastfeeding.
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POST- TREATMENT CARE:

- Immediately following the Sports MedSpa facial, skin may be slightly pink in color depending on the individual's skin sensitivity. Your skin may experience temporary irritation, tightness, or redness.
 - You may fully resume a normal skincare regimen 2 days after treatment.
 - **Do not use** topical retinol/tretinoin/hydroquinone at least 2 days after facial.
 - **Avoid** any exfoliation to the area for 48 hours post-treatment.
 - Use sunscreen SPF 30 or higher daily and reapply as needed.
 - Makeup may be applied immediately post-treatment if it is 100% mineral. All other makeup products may be applied after 24 hours.
 - Book your next facial !
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IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.
