

HYDRAFACIAL AFTERCARE – A GUIDE TO PERSEVERING RESULTS

After a [HydraFacial](#), aftercare is essential to preserve your glowing and luminous skin. HydraFacials are the premier treatment that increases collagen production for ultimate facial rejuvenation. Since these HydraFacials are so effective, following aftercare guidelines will ensure your skin maintains its plumpness, radiance, and youthful appearance.

Our [team of experts](#) at Luminary Eyes & Aesthetics Med Spa recommends aftercare that won't damage your newly exfoliated and cleansed skin. After your HydraFacial, we suggest slowly going back to your usual skincare routine, day by day.

DAY 1

You've just gotten your HydraFacial, and your skin is glowing! In the hours following your HydraFacial, it's important to avoid sweating. The HydraFacial deeply cleanses your skin, so your skin may be sensitive to excessive oil from a sweaty workout, hot shower, or sauna.

Similarly, applying makeup in the hours after your hydrafacial is not recommended. The products could irritate your skin and compromise facial rejuvenation of fine lines and wrinkles.

The first night, use a gentle cleanser and skip the toner in your [skincare routine](#). A toner may result in dryness and irritation on your newly cleansed skin, so we advise waiting to use one until a few days after your appointment. Your skin is perfectly balanced and treated by the HydraFacial, so you won't miss out on not using toner for a few days.

DAY 2

The morning after your HydraFacial, wash your face with a gentle cleanser, free of any acne treatments or harsh chemicals. The hydrafacial [exfoliates away your dead skin cells](#), so the skin left is fresh and new, which can make it vulnerable to irritation.

Likewise, hold off on utilizing [acne treatments](#) for a few days, to decrease the risk of irritation with your glowing skin. The deep cleanse and exfoliation are plenty of treatments for your skin, so no acne treatment should be necessary for the days after your HydraFacial.

If you can, limit sun exposure. Reschedule your lake or beach day at least 72 hours after your HydraFacial to preserve the treatment of your fine lines and wrinkles. If you absolutely have to be in the sun, wear a hat and apply sunscreen. We recommend applying sunscreen with at least an SPF of 30 in the days following your HydraFacial, and every day after that to maintain your skin's production of collagen.

DAY 3

We advise waiting at least a week after your HydraFacial before waxing any part of your face. Waxing, like the HydraFacial, exfoliates your skin and too much exfoliation can dim the glow of your radiant skin following the Hydradfacial.

While it's alright to be outdoors for short periods by day 3, we recommend staying away from the tanning bed for at least 72 hours after your HydraFacial. Your skin will be extra sensitive to the UVA rays, and your skin could be damaged by using the tanning bed soon after your HydraFacial.

[Chemical peels](#) and [RF microneedling](#) should be off-limits for two weeks after your HydraFacial. Your skin will be radiant and comprehensively treated after your HydraFacial, so these treatments won't be needed.