

Acne Facial Pre-Treatment Instructions

- Discontinue the use of products containing AHAs, BHAs, benzoyl peroxide, nonprescription Vitamin A (retinol), and scrubs at least **72 hours** before your appointment. (*Unless specified by your provider*)
- Discontinue use of prescription topicals or Adapalene (Differin) **5 days** before your treatment.
- Do not wax or thread for **48 hours** before treatment.
- If you receive filler or Botox injections, wait to schedule your facial appointment until **2 weeks** after fillers and **1 week** after Botox (these can be done the same day **after** a facial).
- For men, if you shave, please do so at least **4 hours** before your appointment.
- Inform your provider if you have a history of cold sores. You may be placed on an anti-viral medication prior to treatment.
- Notify Stone Springs MedSpa if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness before your treatment.
- Please reschedule if you have a sunburn or windburn.
- Please arrive to your appointment knowing what products you are using at home.

Acne Facial Post-Treatment Instructions

- Wear sunscreen with at least SPF 30 daily to prevent future damage and protect the results of your facial.
- Drink a lot of water.
- Avoid wearing makeup **the day** of your facial if you can and use clean brushes to prevent breakouts.
- Do not work out for the rest of the day.
- Use a clean pillowcase and towels.
- Keep your skincare routine simple for the first couple of days; only use gentle cleanser, moisturizer, and sunscreen.
- Wait **3 days** to start using AHAs, BHAs, retinols, and other exfoliating products again.
- Avoid waxing or threading for **48 hours**.
- Please don't pick at your skin, as this can lead to scarring.
- Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within **72 hours** depending on skin sensitivity.
- Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.