

This document is designed to provide information about [Hydrodermabrasion](#) (AquaFacial), its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

Fully Customizable | Safe for All Skin Types | All Year Around | Instant gratification | No-Downtime | Pairs Nicely With Other Treatments

The Procedure: Known as a “Celebrity Facial”, Hydrodermabrasion (AquaFacial) is a no-downtime skin resurfacing procedure that combines exfoliation, vacuum extraction, hydration, and serum infusion into one fully customizable treatment for all skin types and conditions (see indications below). It is essentially a facial, peel, microdermabrasion, and hydrating mask all in one. This is the ideal treatment to rejuvenate dry, tired, and dull skin revealing a healthy, radiant skin that glows (see indications below). Treatments typically take 30 to 45 minutes, depending on the size of the treatment and level of abrasion needed. Certain signature facials, such as the Signature AquaFacial, include additional steps and may take up to 60 minutes. The **AquaFacial** is a **multi-step treatment**, as follows:

- 1) **Prep & Detox.** This step infuses a preparation serum containing lactic acid, glucosamine, and antioxidants while a gentle spiral vacuum suction increases lymphatic circulation and blood flow to flush away toxins.
- 2) **Cleansing & Exfoliation.** A vacuum-based hydro-tip of varying abrasion levels will gently smooth away dead skin cells.
- 3) **Unclogging Pores.** Now that pore-blocking old skin cells have been swept away, a gentle glycolic chemical peel solution (10 - 30%) is applied to break up pore congestion. This will brighten your skin and at the same time prep the pores for the next step.
- 4) **Extraction.** A salicylic acid solution and the gentle spiral vacuum suction draw out blackheads and other impurities. This is an important step to ensure your pores are clean and able to benefit from the tightening effects of the treatment.
- 5) **Serum Infusion.** Now that your pores are clear and dead skin cells have been removed, your fresh new skin is ready to be treated. This step nourishes your skin and drenches it with condition-specific topicals, potent antioxidants, hyaluronic acid, and peptides.
- 6) **Rejuvenation.** Finally, red and infrared LED light is used to soothe skin, reduce redness, inflammation, and acne bacteria. LED light therapy also stimulates the skin’s natural ability to produce collagen and Vitamin D. You will be left with skin that feels soft, smooth, healthy, and invigorated.

Most people see results immediately after the treatment and their skin may feel smooth and hydrated for one to four weeks with appropriate home care being used to maintain treatment results. Every individual is unique and it is very difficult to predict the results or a specific number of treatments needed to achieve desired results. The outcome of Hydrodermabrasion (AquaFacial) fades with time, so regularly scheduled treatments are highly recommended to achieve and maintain desired results.

Indications: This remarkably effective treatment can be modified to target a range of concerns, including fine lines, wrinkles, sun damage, superficial age spots, hyperpigmentation, inconsistent tone & texture, dry/dehydrated skin, acne, or clogged, congested, and enlarged pores.

Recommended Course of Treatment: A series of regularly scheduled treatments 4 - 8 weeks apart.

Contraindications include, but are not limited to the following:

- Pregnancy or breastfeeding
- Accutane (*isotretinoin*) in the last 6 months
- Retin A topical or other skin-irritating products
- Aesthetic procedures/injections in the last 2 weeks
- Blood-thinning medications within the last week
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- Allergies to chemical peel ingredients
- Sunburn (*natural sunlight, tanning*) and extreme sensitivity
- Epilepsy (contraindicated for LED light therapy)
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Active infection, cold sores (*Herpes Simplex*), psoriasis, eczema, and dermatitis
- **Patients with unrealistic expectations**

Risks & Possible Side Effects: include, but are not limited to the following:

- Common side effects such as slight redness usually subside within a few hours after treatment.
- Uncommon side effects such as bruising, skin irritation, and exacerbation of breakouts can occur.
- Activation of individual sensitivities that may include, but are not limited to Herpes Simplex, cold sores, or acne flare-up may occur.
- Rarely, allergic reactions to and or pigment changes in freckles, moles, or skin may occur and often resolve but can be permanent.
- Rare side effects such as scarring or textural changes may result from this procedure.
- Side effects can worsen with sun exposure and daily use of a good quality SPF is very important and highly recommended.
- There is a possibility of other risks which may not yet be known at this time.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

Alternative Procedures: Hydrodermabrasion (AquaFacial) is an elective aesthetic procedure, which is not medically necessary or required.



Pre / Post Care Instructions Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

Before Your Treatment

- You may not be pregnant or lactating.
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Avoid excessive sun exposure as well as the use of artificial tanning beds for 72 hours before treatment.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) for 48 hours prior.
- Discontinue use of over-the-counter acne medications such as benzoyl peroxide and salicylic acid for 48 hours prior.
- Refrain from waxing and use of depilatories for 48 hours prior.
- For men, shaving is not recommended on the day of treatment. If you choose to shave, please shave at least 3-4 hours prior.
- Avoid other aesthetic procedures or cosmetic injections in the area(s) to be treated for 2 weeks before and after. Botox and fillers can be given on the same day but AFTER your treatment.
- If you are prone to cold sores, it is recommended to take antiviral medication for 2 or more days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.

Day of Treatment

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant to your treatment.
- Hydrodermabrasion (AquaFacial) treatments last around 20 - 40 minutes depending on the condition and concerns of the skin.
- Your practitioner will make individual recommendations on when to resume normal skincare.

After your treatment

- Use of sunscreen following treatment is mandatory! Please use SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection following your treatment as your skin is more susceptible to UV rays which slow down the benefits of your treatment.
- Please refrain from prolonged direct sun exposure or tanning beds for 2 weeks.
- Common side effects such as slight redness usually subside within a few hours after treatment.
- Wash your face the following morning of your treatment with a gentle facial wash. Some facial washes may be irritating to your skin.
- Apply a Hyaluronic Acid-based serum every day, morning, and night following your treatment for up to 30 days.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) for 48 hours after.
- Discontinue use of over-the-counter acne medications such as benzoyl peroxide and salicylic acid for 48 hours after.
- Do not have any other aesthetic treatments on the treated area for at least 1 - 2 weeks after.
- Avoid excessive heat exposure (i.e. hot showers, hot tub, sauna, intense cardio, or other workouts) for 24 hours after.
- Do not have any other aesthetic treatments on the treated area for at least 1 - 2 weeks after.
- If you do not need to apply makeup for the remainder of the day it is preferred to go without.
- To achieve maximum results, ongoing treatments and a daily home skincare program are recommended.
- The skin may become flaky 48 hours after treatment and may last for 1 - 2 days. This is just additional dead skin cells that are released because of the chemical peel. Do not pick at the peeling. It is imperative to allow natural healing to minimize complications.

If you experience any side effects, such as prolonged redness, irritation, or a histamine reaction contact your practitioner immediately for proper assessment and care instructions.