HYDRAFACIAL MD
INFORMATION & TREATMENT INSTRUCTIONS

Your skin is the largest organ in the body, your first line of defence and what everyone sees first. HydraFacial MD™ uses patented Vortex Technology™ to CLEANSE, EXFOLIATE, EXTRACT and HYDRATE all skin types all in one treatment to achieve immediate results with no discomfort or downtime. HydraFacial MD™ is soothing to the skin and can be done immediately before an event giving you a glowing appearance. HydraFacial MD™, as the name implies, is based on the foundation that proper hydration is the basis of skin health!! There are 5 steps in the HydraFacial MD™ experience that will cleanse and rejuvenate your skin while you relax and enjoy the treatment:

**Step 1: Vortex-Cleaning™**
The HydroPeel® tip is used with a specific deep cleansing solution to CLEANSE the surface of your skin removing the initial layer of oil and dirt.

**Step 2: HydroPeel® Exfoliation**
A light chemical peel (combination of glycolic and salicylic acid) is applied to EXFOLIATE debris (dead skin). The chemical peel lowers the pH of the skin breaking the bonds that hold the upper dead layers of skin together to allow for the gentle removal of dead skin without irritation.

**Step 3: Vortex-Extraction™**
Painless vortex suction easily dislodges blackheads, whiteheads and sebum to further EXTRACT these impurities from deep within the pores.

**Step 4: Antioxidants and hyaluronic acid are infused into the now clean and fresh skin to HYDRATE, nourish and protect the skin.**

**Step 5: LED light therapy completes the treatment.** The red LED light helps to stimulate collagen and elastin improving tone and texture and pigment issues. The blue LED light is very good for oily skin and acne prone skin. Combining the red and blue LED light will help improve rosacea.

Who is HydraFacial MD™ good for? EVERYONE! HydraFacial MD™ is good for all skin types, for teens, men and women. HydraFacial MD™ targets many skin conditions:
• Sundamage/hyperpigmentation
• Uneven skin tone
• Fine lines and wrinkles
• Dry or dehydrated skin
• Dull complexion
• Redness
• Oily and acne prone skin
• For maintenance of results from other treatments
• If you have a darker complexion and cannot do other treatments.

When is a good time to do HydraFacial MD™? Anytime!!!!

• Every season for a good deep cleaning. While daily regular skin care is very important your facial skin needs a tune-up regularly.
• To treat acne breakouts (most acne treatments prevent new acne, do not clear up current acne)
• Just before that very special event. There is no downtime so you can even do it the day of....
• To improve uneven skin tone especially if you have sensitive skin
• Anytime you want!!!! Any season you want!!!! Any reason you want!!!!

How do we tailor your treatment to you?

• Meet with one of our estheticians to identify your specific concerns and skin type.
• Depending on your condition/concerns, the number of passes, types of LED light can be varied.
• By suggesting other procedures that would compliment a HydraFacial MD™ treatment.

Is there any downtime with this procedure and how long do the results last?

• There is no downtime. You can make plans for right after your treatment.
• Your results will last for several weeks and longer if you follow up your treatment with recommended skin care.

On the day of treatment, the area to be treated will be washed gently to remove any make up. Then the treatment will start. The HydroPeel® tip will feel comfortably abrasive as it works its magic. When the light chemical peel is applied there can be some tingling and prickling sensation. The majority of individuals have uncomplicated treatments. Your skin may be slightly pink and well hydrated with a moist appearance when the treatment is complete. At the end of the treatment, you may apply some Mineral make up (we can do a colour match before the treatment at your request). You may also wish to leave your skin with it's new natural shine. It is very important to wear a good quality SPF every day (available at U Cosmetic) especially after the treatment. Repeat treatments are needed to maintain results. Results vary between individuals. Some people exceed our expectations and some people respond below expectations. Although good results are expected, with the focus on improvement and not perfection, every person is unique and it is impossible to guarantee results.

U Cosmetic has many other treatments that compliment HydraFacial MD™ treatments. Your esthetician would be pleased to discuss these options with you at any time.

HydraFacial MD™ is not recommended if you are pregnant or breast feeding, if you have had a recent light or laser treatment, chemical peel, facial waxing, recent facial steroid injection,
recent microdermabrasion, recent surgical procedure or skin infection, recent sun burn or recent changes in moles or growths in the treatment area. If you have skin sensitivity to light or porphyria (a metabolic disorder that can lead to light sensitivity) then the LED treatment may not be recommended. Medications such as thiazides (for high blood pressure), certain antibiotics (such as tetracyclines, fluoroquinolones, griseofulvin or sulfonamides), sulfonylureas (used to treat diabetes), phenothiazines (used to treat certain emotional problems or induce sleep), Accutane, Gold therapy, St John’s Wort and Ginko Biloba may increase your sensitivity to the treatment and increase the risk of side effects and should be stopped prior to treatment. If you have an active or unstable medical condition such as a seizure disorder, cancer, autoimmune disease or diabetes then treatment should be deferred. If you have a history of cold sores, let us know and an anti-viral medication may be prescribed by the physician at your consult. You may notice increased bruising if you are on aspirin or other blood thinners. Recent Retin-A or retinoid use may make your skin more sensitive and red.

HydraFacial MD™ can only treat/enhance existing skin conditions. Regular use of sun protection and prescribed skin care will prolong your treatment results and decrease the occurrence of new lesions, recurrent acne and rosacea. U Cosmetic offers high quality skincare lines that can accomplish this goal.

**Prior to treatment you should:**
* have a (complementary) skincare consult and mineral make up match so that you may use them after treatment once skin has healed
* ensure that you have reviewed this information sheet and that you have had enough opportunity to ask questions and have them answered to your complete satisfaction
* ensure that you have signed the consent form
* avoid sun exposure, tanning bed or tanning products for 3 to 6 weeks prior to treatment or indefinitely
* start prophylactic anti-viral therapy if you have a history of cold sores
* be off Accutane, Gold therapy and other light sensitizing medication for 6 months prior to treatment
* avoid strong topical creams (Retin-A, glycolics, etc.) for 7 days before and after treatment
* notify at consultation or at your treatment if you have an upcoming important event

**The day of treatment you will/may/should:**
* feel a cool and soothing scrub-like sensation during the treatment
* feel some slight tingling sensation during the application of the light chemical peel
* may experience minor swelling of or around your lips or around your eyes
* notice that your skin will appear well hydrated and moist immediately after the treatment
* not apply anything to your skin until this moisture is absorbed
* **avoid direct sun immediately after treatment** until you can apply sunscreen
* start using stronger topical creams (Retin-A and similar products) a week after your treatment, sooner if tolerated

*love being U*