VOLTO D'ANGELO AESTHETICS · ANIS CALDERAIO, RN

Your Hydrodermabrasion Prep & Aftercare Guide

Signature & Deluxe facials. Print it, and check each box as you go.

Name: _____ Appointment date: _____

7 Days Before

- [ ] No peels, laser, microneedling, waxing or dermaplaning on your face. (A dermaplaning add-on done at your facial is fine.)
- [ ] Avoid sunburn, tanning and tanning beds.
- [ ] Have your aftercare products at home (list below).

3–5 Days Before

- [ ] Pause retinol and other retinoids (tretinoin, adapalene), exfoliating acids (glycolic, salicylic) and scrubs.
- [ ] Breakout, rash, sunburn or cold sore? Text us; we may need to move your date.

Treatment Day

- [ ] Come with clean skin, makeup-free if you can.
- [ ] Tell us if anything in your health, medicines or recent treatments has changed since your intake.

After Your Facial

- [ ] Follow your aftercare on the next page.
- [ ] No workouts, sauna, steam or swimming for 24 hours.
- [ ] Book your next facial in about 4 weeks.

Tell Us Before Your Visit

Isotretinoin (Accutane) in the past 6 months; pregnancy or breastfeeding; a history of cold sores; or fillers, Botox, threads or cosmetic surgery in the treatment area in the past 2 months.

Deluxe facial (radiofrequency, ultrasound and LED): also tell us about a pacemaker, defibrillator or other implanted electronic device; metal implants, plates or stents; seizures; heart disease or high blood pressure; thyroid conditions; or cancer treatment.

Never stop a prescribed medicine on your own. If something on this list is new since you filled out your intake, text us before your visit.

Your Aftercare Products

Keep it simple, gentle and fragrance-free. Have these at home before your facial.

- [ ] **Gentle, fragrance-free cleanser**
  No scrubs, acids or beads.
- [ ] **Water-based, fragrance-free moisturizer**
  Light and simple, made for the face.
- [ ] **Mineral sunscreen SPF 30+**
  Zinc oxide and/or titanium dioxide.
- [ ] **Optional: plain hyaluronic acid serum or hydrating mask**
  No added acids, retinol or fragrance.

Questions? Text 240-549-0898. We reply as soon as we can, usually within 24 hours, and you can also ask at your appointment. For a medical emergency, call 911.

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Signature & Deluxe Hydrodermabrasion Aftercare

Keep this on your phone or fridge, and follow any extra instructions your provider gives you.

Name: Treatment date:

Today: ☐ Signature ☐ Deluxe ☐ Red LED add-on ☐ Dermaplaning add-on

What To Expect

- Pinkness, tightness, warmth or mild tenderness for 1–3 hours (rarely up to 24 hours).
- Skin may feel smooth and look glowing right away; results vary and build over a series.
- A few small breakouts can appear as pores clear; they settle in a few days.
- Ongoing burning, blisters, increasing pain or worsening swelling are not normal: text us right away.

First 24 Hours

- Cleanse gently with lukewarm water and a mild, fragrance-free cleanser. Pat dry.
- No saunas, steam, hot showers, hot tubs, swimming or heavy sweating.
- Do not rub, pick, scrub or use harsh towels.
- Do not add another facial treatment the same day.

First 48 Hours

- No makeup or shaving until 48 hours, and only once skin is calm, with no irritation.
- Avoid retinoids (retinol, tretinoin), AHAs/BHAs (glycolic, salicylic), scrubs, peels, high-strength vitamin C, alcohol-based products and any new active products. Restart after 72 hours if skin is comfortable.
- Moisturize with a gentle, water-based, fragrance-free moisturizer; hydrating masks are welcome.
- No waxing, peels or other facial treatments for 7 days.

Every Day

- Mineral sunscreen SPF 30+ (zinc oxide and/or titanium dioxide); reapply outdoors.
- Limit direct sun; no tanning or tanning beds. Wear a hat outside.
- Drink plenty of water.

Extra Care After The Deluxe

- Radiofrequency and ultrasound add warmth to the skin. Persistent warmth, pain, blistering or numbness needs a call, not more heating or cooling at home.
- Do not put ice directly on numb or irritated skin.
- Follow any device-specific instructions your provider gives you.

After A Dermaplaning Add-On

- Skin is freshly exfoliated: be extra gentle for 48 hours.
- Sunscreen is especially important, as fresh skin burns more easily.
- Expect soft, smooth regrowth; dermaplaning does not make hair thicker or darker.

Your products

Cleanser:

Moisturizer:

Sunscreen:

Text 240-549-0898 for ongoing burning, blisters, increasing pain, spreading redness or rash, worsening swelling, new numbness, drainage, fever or unusual color changes. If a new product stings or irritates, stop it and text us.

Call 911 or go to the nearest emergency room right away for: trouble breathing or swallowing; swelling of the face, lips, tongue or throat; hives with dizziness or fainting; chest pain; sudden vision changes or severe eye pain; or a sudden white, gray, blue or very painful area of skin. We have no after-hours phone coverage, so do not wait for a reply.

Your next facial: for best results, book your next session in about 4 weeks.