

# The SaltFacial® Pre & Post Treatment Instructions

We are excited about your upcoming appointment for the one and only SaltFacial on Oahu! To ensure you have a comfortable and successful experience, we've outlined some important pre- and post-treatment instructions.

## Pre-Treatment:

- Discontinue use of Retin-A, retinol, glycolic, or beta-hydroxy acid products of any type for 5 days prior to treatment.
- No chemical peels or mechanical exfoliation for 10 days prior to treatment.
- Avoid sun exposure. Apply SPF 30+ as needed throughout the day.

## Post-Treatment:

### For Light, 'No Downtime' Treatment:

- Avoid using all products that contain Retin-A, retinol, glycolic acid, or beta-hydroxy acid for 3 to 5 days post-treatment.
- Resume your normal skincare regimen as directed by your skincare professional.

### For Moderate to Aggressive Treatment (With or Without Post-Treatment Scabbing):

- AM & PM: Cleanse the treated area with a gentle, non-drying cleanser and pat dry.
- Apply a light moisturizer to keep the skin hydrated and comfortable.
- Keep any scabbed areas lightly covered with an occlusive barrier gel or ointment to encourage healing.
- **Do not** pick, peel, pull, or scrub the scabs off the skin. Doing so may cause permanent damage and potential scarring.
- Allow scabbed areas to slough off naturally. Avoid all products that contain Retin-A, retinol, glycolic acid, or beta-hydroxy acid for a minimum of 5 days post-treatment.
- Apply SPF 30+ as needed throughout the day.
- When going outdoors, always wear a hat or sun visor.
- **Do not** expose the treated area to sunlight, even on cloudy days, without complete sun protection.
- Resume your normal skincare regimen as directed by your skincare professional.

For best results, it is recommended to create an individualized at-home and in-office treatment plan with Dr. Foo and our aestheticians.

We look forward to seeing you soon!

Aloha Aesthetics MD

*Sincere Service. Remarkable Results.*