Facial *Pre-Care*

Getting ready for your facial

Facials are relaxing and gentle. These few steps help your skin respond best.

Your *countdown*

When	What to do
1 week before	No waxing or threading on the face. Avoid sunburn.
2 to 3 days before	Pause retinol, tretinoin, acids and scrubs.

On the *day*

- **Come as you are.** We cleanse your skin first, but skipping makeup helps.
- Let us know about your current skincare and any sensitivities.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have used Accutane (isotretinoin) in the past 6 months
- You are sunburned

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.