



### **PRE and POST INSTRUCTIONS FOR ISCLINICAL FACIALS**

- Allow 2 weeks after cosmetic injections before having a facial
- Allow 2-4 weeks after having a chemical peel, laser treatment or dermabrasion before having a facial
- Do not use any glycolic or retinol for 5 days after your facial
- Avoid sun exposure and tanning beds and wear SPF 30 daily
- If possible do not apply makeup for at least 2 hours after your facial
- Avoid heavy exercise, steam rooms and saunas the day of your facial