

جمهورية العراق  
وزارة التعليم العالي و البحث العلمي  
جامعة المستقبل  
قسم التجميل والليزر / كلية التقنيات الصحية و الطبية

# Hydrafacial Procedure

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# Introduction

- **Hydrafacial is a non-invasive, multi-step skin rejuvenation treatment that combines cleansing, exfoliation, extraction, hydration, and antioxidant protection simultaneously.**
- **Each step is based on dermatological science and aims to improve skin texture, tone, and overall health. While considered safe, proper application and post-procedure care are essential to avoid complications.**

# Clinical Uses of Hydrafacial

- Treats oily and congested skin.
- Minimizes enlarged pores.
- Helps with mild acne and blackheads.
- Enhances overall skin texture and tone.

# Advantages of Hydrafacial

- Non-invasive and painless procedure.
- Immediate results with no downtime.
- Suitable for all skin types and tones.
- Can be customized with serums and boosters.
- Improves hydration and radiance.
- Promotes collagen stimulation for anti-aging benefits.

# Preparation for Hydrafacial

- Avoid sun exposure and tanning for 3–5 days before treatment.
- Stop using retinoids, acids, or strong exfoliants 3 days prior.
- No chemical peels, lasers, or waxing 1 week before.
- Inform provider about allergies, medications, or skin conditions.
- Stay well hydrated before the session.
- Arrive with clean skin (no makeup or heavy creams).
- For men: shave facial hair the night before, not on the same day.

# Step 1: Cleansing (2–3 minutes)

- Cleansing removes surface impurities, sebum, and environmental pollutants. This step prepares the skin for deeper penetration of active agents.
- **Notes:** Use gentle cleansers to avoid skin barrier disruption.
- **Complications:** Over-cleansing may cause dryness or irritation.
- **Prevention:** Always use pH-balanced cleansers suitable for the skin type.



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## Step 2: Dermabrasion (6–8 minutes)

- Involves exfoliation by chemical solutions (mild acids like glycolic/salicylic) or water-based abrasion to remove dead keratinocytes. This accelerates cell turnover and enhances product penetration.
- **Notes:** Depth of abrasion must be controlled based on skin sensitivity.
- **Complications:** Erythema, sensitivity, or micro-tears.
- **Prevention:** Avoid excessive pressure and select appropriate chemical concentration.



# Step 3: Opening Up Pores (9 minutes)

- Application of ultrasonic handle with vibrations increases skin permeability and helps loosen clogged pores.
- **Notes:** Beneficial before extractions.
- **Complications:** Temporary redness or mild swelling.
- **Prevention:** Adjust ultrasound frequency for sensitive skin.





# Step 4: Rejuvenation (12 minutes)

- Clay mask absorbs excess oil, toxins, and impurities, leaving skin refreshed. Provides minerals and calming effect.
- **Notes:** Should be customized (hydrating vs oil-absorbing clay).
- **Complications:** Dryness or tightness if left too long.
- **Prevention:** Limit application time; use moisturizing mask for dry skin.



# Step 5: Skin Tightening (5 minutes)

- Ultrasound with lifting handle stimulates fibroblasts, improving collagen and elastin production.
- **Notes:** Works best with consistent treatments.
- **Complications:** Temporary tingling or mild edema.
- **Prevention:** Avoid high intensity in patients with sensitive skin or rosacea.



## Step 6: Infusion (4 minutes)

- Jet spray delivers hydrating solutions gel with hyaluronic acid, peptides, antioxidants) deep into the dermis.
- **Notes:** Key for long-term skin glow and hydration.
- **Complications:** Rare, but improper technique may cause uneven absorption.
- **Prevention:** Apply evenly and at correct spray pressure.



# Step 7: Hydration (2 minutes)

- Oxygen spray hydrates and revitalizes skin cells by improving oxygenation and water retention.
- **Notes:** Enhances healing and glow.
- **Complications:** Minimal, though excessive spray may irritate very dry skin.
- **Prevention:** Use controlled pressure and sterile solution.



**.Ion Spray Gun**  
**Brightening and Hydrating/ Nano oxygen Inject**

# Oxygen Lance

Atomize water into nano water molecules, quickly penetrate through the pores, quickly penetrate into the bottom of the skin, and effectively replenish water



# Step 8: Light Therapy (8 minutes)

- LED therapy uses different wavelengths:
- **Blue light**: antibacterial (useful for acne).
- **Red light**: anti-inflammatory, promotes collagen.
- **Near-infrared**: deep tissue healing.
- **Notes**: Safe, non-invasive adjunct therapy.
- **Complications**: Rare eye irritation if protective goggles not used.
- **Prevention**: Always protect eyes; select wavelength based on skin condition.



## BLUE

Anti-acne, anti-inflammatory



## RED

Whitening, diluting stains



## PURPLE

Skin whitening



## YELLOW

Replenish energy



## WHITE

Firming skin



## CYAN

Improve fine lines



## GREEN

Keep water and oil balance

# General Notes & Post-Session Care

- Avoid sun exposure for 24–48 hours.
- Use sunscreen with broad-spectrum SPF.
- Moisturize regularly to maintain barrier function.
- Avoid harsh products (retinoids, acids) for 2–3 days.



# Six types of probes, six functions



Ice hammer



9 polar RF



Ultrasound



Bubble pen



Hydrogen  
and oxygen  
spray gun



skin scrubber



THANK YOU