

### **What to expect before Aquagold**

- limit drinking the week prior to your appointment
- Refrain from using Ibuprofen, Aspirin, fish oil supplements, or Vitamin E the week prior to your appointment.
- Consider taking Arnica prior to your appointment to lessen potential bruising.
- Refrain from retinol usage for 2 weeks prior!
- Follow the skincare recommendations and treatment plan created by your provider!
- Come into your appointment with clean skin!

### **AQUAGOLD POST-TREATMENT**

1. A sunburn-like effect immediately post-treatment is normal. The treated area may appear pink in color but will resolve in 1-2 hours. The skin may feel tight, dry, swollen, and sensitive to the touch.
2. Do not wash your face for the first 6 hours. Wash the treated area gently with a gentle cleanser and you may apply moisturizer (which does not contain “anti-aging” ingredients) thereafter. You may resume your normal daily skin routine the day after treatment.
3. Sun exposure must be avoided for at least 24 hours after your treatment – preferably 1-2 weeks. If you know you will get incidental sun exposure (i.e. driving to and from work, walking from the car to your house, etc.) we recommend physical avoidance of the sun in all treated areas by using a protective hat and full-spectrum sunblock of SPF 30 or higher.
4. Do not use exfoliating medications, chemicals, or products on the treated areas for at least 2 weeks.
5. No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists.
6. Sleep on your back with your head elevated slightly to reduce swelling.
7. It is recommended that makeup not be applied for at least 24 hours post-procedure.