



La Jolla Cosmetic  
Medical Spa  
est. 2013

# AQUAGOLD® Pre and Post Care

## PREPARING FOR YOUR TREATMENT

### THREE DAYS PRIOR

- Discontinue all blood thinners such as aspirin, omega-3 fish oils, Ibuprofen, Naproxen (Aleve), St. John's Wart. If you are taking a medically prescribed blood thinner or any type of steroid, please notify your practitioner prior to treatment.
- Discontinue potential skin irritants including Retinoids, Glycolic acid, salicylic acid
- AQUAGOLD typically delivers neuromodulators such as Botox/Dysport, Hyaluronic acid filler, and pigment suppressors into the skin. If you have any known sensitivity or allergies to these ingredients, please notify your provider.

### DAY OF TREATMENT

- Arrive at the clinic with clean skin free of makeup
- You will wear a topical numbing cream for 30 minutes prior to your treatment
- The treatment may cause areas of pinpoint bleeding or bruising- please plan accordingly

### AFTER YOUR TREATMENT

- Typically, the skin will appear pink and slightly swollen immediately after treatment
- Keep your skin clean and avoid applying makeup, moisturizers, and serums for 24 hours post treatment
- Avoid exercise and excessive sweating for 24 hours post treatment
- Avoid skin irritants including Retinoids, Glycolic acid, salicylic acid for 5 days post treatment
- You may see improvements in your skin immediately, but full results will take 2 weeks and typically last 3-4 months