

Element

Medical Aesthetics

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AQUAGOLD/GLASS SKIN MICROINFUSION PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Avoid all blood thinners 1 week prior to lessen chances of bruising. This may include: aspirin, ibuprofen, (Advil, Motrin), naproxen (Aleve), Vitamin E, Fish Oil, Garlic, Ginseng, & Ginkgo Biloba.
- Avoid alcohol 1-2 days prior to treatment to lessen chances of bruising.
- Wait 3 months after Accutane (isotretinoin) before treatment.
- Discontinue retinoids and exfoliating acids (glycolic, salicylic) 72 hours prior to treatment.

If you are prone to cold sores, begin medication (i.e. Valtrex) prior to treatment.

Bruising and swelling are always a possibility. Plan procedures at least 2 weeks before important events.

Wait at least 2 weeks after dental work to schedule your treatment.

Arnica is optional prior to treatment to help minimize bruising.

Come to your appointment with a clean face, free of makeup.

- Reschedule your appointment if you are pregnant or breastfeeding.
- Hydrate and eat before your appointment as there is an increased chance of light-headedness/fainting when receiving treatment on an empty stomach.

POST TREATMENT INSTRUCTIONS

- Avoid sun exposure.
- Avoid harsh AHAs (glycolic acid), BHAs (salicylic acid), and retinoids for 7 days. No exfoliating scrubs or brushes. Use gentle cleansers and moisturizers.
- Avoid high heat activities such as sweating, hot tubs, and saunas for 48 hours.
- Apply SPF daily.

- Avoid skin treatments such as facials, chemical peels, or lasers for 2 weeks.
- No dental work 2 weeks post-treatment.
- Mild redness and swelling is common and will resolve within 2-3 days.
- Pimples and minor breakouts can occur after treatment.