

Element

Medical Aesthetics

AQUAGOLD PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Discontinue active ingredients — Stop retinol, tretinoin, AHAs, BHAs, and benzoyl peroxide for at least 5-7 days before your appointment.
- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, fish oil, vitamin E, and alcohol for at least 48-72 hours prior, as these can increase bruising.
- No waxing or hair removal — Avoid waxing, threading, laser hair removal, or dermaplaning on the treatment area for at least one week before.
- Skip exfoliation — Do not use scrubs, exfoliating masks, or cleansing brushes for 5-7 days beforehand.
- Avoid sun exposure — Stay out of direct sun and avoid tanning beds for at least one week prior to your appointment.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment.
- Stay hydrated — Drink plenty of water in the days leading up to your treatment for optimal skin hydration.
- Disclose medications & conditions — Inform your provider of any medications (especially blood thinners or immunosuppressants), skin conditions, allergies, active breakouts, cold sore history, or recent cosmetic procedures.
- Avoid dental work beforehand — If possible, schedule dental procedures at least 1-2 weeks before or after your Aquagold treatment to reduce infection risk.

After Your Treatment — Post-Care Instructions

- Expect mild redness and pinpoint marks — Small red dots or slight swelling at injection sites are completely normal and typically resolve within 24-48 hours.
- Keep the skin clean and dry — Avoid washing your face for at least 4-6 hours after treatment. When you do cleanse, use only a gentle, fragrance-free cleanser with lukewarm water.
- Apply SPF every day — Your skin is more sensitive to UV damage after treatment. Use SPF 30-50 daily and reapply every 2 hours if outdoors.
- Moisturize gently — Apply a gentle, fragrance-free moisturizer to keep skin hydrated as it heals. Avoid heavy or occlusive products for the first 24 hours.
- Do not touch or rub your face — Avoid rubbing, massaging, or applying pressure to the treated area for at least 24 hours.
- Pause all active ingredients — Hold off on retinol, AHAs, BHAs, vitamin C, and all exfoliants for at least 5-7 days post-treatment.
- Avoid heat and sweat — Skip intense exercise, saunas, steam rooms, and hot showers for at least 24-48 hours after treatment.
- Skip makeup for 24 hours — Allow the microchannels to close fully before applying makeup to reduce the risk of irritation or infection.
- Stay hydrated — Drink extra water to support your skin's recovery and enhance the effects of the treatment.

Also avoid for 24-48 hours after your treatment:

- Makeup and fragranced skincare products

- Alcohol consumption (can increase bruising and inflammation)
- Direct sun exposure without SPF
- Swimming pools, hot tubs, lakes, or open water
- Facial massage or any pressure on the treated area
- Other facial treatments until fully healed

Results from Aquagold are gradual — skin typically looks its best 5-10 days after treatment as the active ingredients take full effect. Minor pinpoint bruising is normal and resolves quickly. If you experience significant swelling, prolonged redness, or signs of infection, contact your provider promptly.