

**INSTRUCTIONS**

**PRE-TREATMENT**

- Sun exposure and/or usage of a tanning bed, including self-tanning products, must be avoided for a minimum of 24 hours before and after the treatment – preferably 1 week before and after treatment. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months, or may be permanent. AQUAGOLD® Fine Touch™ micro-infusion will not be administered on sunburned skin.
- Area to be treated must be clean and free of any lotion, makeup, and sunscreen. These must be completely washed off prior to treatment.
- No area to be treated should receive any type of chemical peel for 2 weeks before or after treatment.
- Retin-A, Renova, and Tazorac must not be used for 1 week before or after treatment.
- Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment, as long as there is no skin irritation.
- You may not receive this treatment if pregnant.
- Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the areas to be treated, as tattoos must be avoided.
- If you have a history of cold sores, we may recommend prophylactic antiviral therapy. If so, follow the directions for the prescription.
- During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

**POST-TREATMENT**

- 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.
- 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.
- 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 sun block of SPF 30 or higher.
- Do not use exfoliating medications, chemicals, or products on the treated areas for at least 2 weeks.
- No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists.
- Sleep on your back with your head elevated slightly to reduce swelling.
- It is recommended that makeup not be applied for at least 6 hours post procedure.
- For best results and efficacy, maintenance treatments are recommended every 3-4 months.