



### **Pre-Care Instructions for AquaGold Microtox Facial:**

1. **\*\*Avoid Touching the Treated Area:\*\***
  - Refrain from touching, rubbing, or massaging the treated area for at least 24 hours to prevent irritation or infection.
  
2. **\*\*No Makeup for 24 Hours:\*\***
  - Avoid applying makeup for the first 24 hours post-treatment to allow your skin to heal and to minimize the risk of irritation or clogging the microchannels.
  
3. **\*\*Stay Out of the Sun:\*\***
  - Minimize sun exposure and avoid tanning beds for at least 48 hours. If you need to go outside, wear a broad-spectrum SPF 30 or higher to protect your skin from UV damage.
  
4. **\*\*Avoid Intense Heat:\*\***
  - Avoid hot showers, saunas, steam rooms, and intense physical exercise for 24-48 hours as heat can exacerbate redness and irritation.
  
5. **\*\*Use Gentle Skincare Products:\*\***
  - For the first few days after treatment, use a gentle cleanser and moisturizer. Avoid products containing active ingredients like retinol, glycolic acid, or salicylic acid until your skin fully recovers.
  
6. **\*\*Hydrate:\*\***
  - Drink plenty of water to help your skin stay hydrated and to support the healing process.
  
7. **\*\*No Exfoliation:\*\***
  - Avoid exfoliating your skin for at least a week following the procedure to allow your skin to heal without additional irritation.
  
8. **\*\*Expect Mild Redness:\*\***
  - Mild redness or slight swelling is normal and should subside within a few hours to a day. You can use a cold compress if needed to reduce any discomfort.
  
9. **\*\*Avoid Other Facial Treatments:\*\***



- Do not undergo any other facial treatments, such as chemical peels or laser treatments, for at least two weeks to prevent overstressing your skin.

10. **\*\*Follow-Up:\*\***

- If you experience any unusual side effects or have concerns, contact your provider for advice. Schedule any recommended follow-up appointments to monitor your results and discuss any additional treatments.

Following these aftercare instructions will help ensure the best results and a smooth recovery after your AquaGold Microtox facial.