



Aquagold® FineTouch Pre + Post Treatment Instructions

Aquagold® FineTouch may be customized with ingredients such as neuromodulators, hyaluronic acid, PRF, vitamins, peptides, or growth factors based on your treatment goals.

PRE-TREATMENT INSTRUCTIONS

To help minimize bruising and ensure optimal results, please follow these recommendations prior to treatment:

AVOID FOR 3-7 DAYS BEFORE TREATMENT (unless prescribed by your physician)

- Aspirin, ibuprofen (Advil®, Motrin®), naproxen (Aleve®), and other NSAIDs
- Fish oil, Vitamin E, Ginkgo Biloba, turmeric, garlic, and other blood-thinning supplements
- Excessive alcohol consumption

ADDITIONAL RECOMMENDATIONS

- Drink plenty of water prior to your appointment.
- Arrive with clean skin whenever possible.
- Inform your provider if you have an active cold sore, skin infection, rash, or recent illness.
- Avoid excessive sun exposure prior to treatment.

POST-TREATMENT INSTRUCTIONS

IMMEDIATE AFTERCARE

- Mild redness, pinpoint marks, swelling, tenderness, and a tight feeling may occur and are completely normal.
- Most redness resolves within 24 hours.
- Do not touch, rub, or massage the treated area unnecessarily.

FOR THE FIRST 24 HOURS

- Avoid makeup if possible.
- Avoid strenuous exercise and excessive sweating.
- Avoid saunas, steam rooms, hot tubs, and prolonged heat exposure.
- Avoid alcohol consumption.
- Avoid excessive sun exposure.

FOR THE FIRST 3-5 DAYS

- Use a gentle cleanser and moisturizer.
- Avoid retinoids, exfoliants, acids, scrubs, and active skincare ingredients.
- Wear SPF 30 or higher daily.
- Avoid waxing, chemical peels, laser treatments, and other aggressive skin procedures.

WHAT TO EXPECT

- Skin may appear smoother, brighter, and more hydrated within several days.
- Improvements in skin texture, pore size, fine lines, and overall radiance continue to develop over the following weeks.
- Results typically last approximately 2-4 months depending on the customized solution used.

FOLLOW-UP

- A series of treatments may be recommended for optimal skin rejuvenation.
- Maintenance treatments are commonly performed every 3-4 months.

Please contact D'Vine Medical Spa if you experience excessive swelling, signs of infection, unusual discomfort, or have any concerns following treatment.

D'Vine Medical Spa
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