



# AQUAGOLD

## PRE AND POST CARE

### POST-TREATMENT CARE:

- **Avoid Touching:** Do not touch or rub the treated area for 6–8 hours to prevent irritation or product displacement.
- **No Makeup:** Avoid makeup application for 12–24 hours to reduce the risk of clogged pores or infection.
- **Limit Sun Exposure:** Stay out of direct sunlight and avoid tanning beds for 48 hours. Apply broad-spectrum SPF 30+ thereafter.
- **Stay Gentle:** Use a mild cleanser and avoid exfoliating products, retinoids, or acids for 48 hours.
- **Avoid Heat:** Refrain from saunas, steam rooms, or hot showers for 24–48 hours.
- **Expect Mild Redness:** Tiny injection points may be visible for 1–2 days, along with mild redness or sensitivity, which should resolve quickly.

It is normal for residual swelling to last for 2 weeks. Swelling and bruising can give the appearance of asymmetry or unevenness. If you feel that further enhancement is desired, please schedule a follow-up appointment or with the advice of your injector, schedule further treatment.

**If you have questions after your appointment please call 801-514-7650 or for after-hours questions, please text 435-210-6401.** Thank you for choosing RUMA Medical.