



Lindsey Pennington, MD
F A C I A L P L A S T I C S

AquaGold (Botox) Facial Pre and Post Care Instructions

Before your treatment:

- This treatment will not be done on skin that is irritated or infected. Please call and reschedule your appointment if you have a cold sore, rash or infection on your face or neck.
- Do not apply self or fake tanner on your face for a minimum of 2 weeks prior to your procedure.
- Avoid direct sunlight for the week before and after your treatment.

After your treatment:

- **Do not wash face or apply anything for 6 hours after AquaGold**
- Do not wear make-up for 24-48 hours
- Avoid strenuous exercise for 24 hours after your procedure
- Avoid extreme heat or cold until your skin feels completely healed, this usually takes 24-72 hours.
- Gentle skincare only for 72 hours
- For 3 days after do not use scrubs, exfoliation products, acids, bleaching creams, or retinols
- Sunscreen with an SPF of 30 or higher is very important after treatments. We prefer physical (mineral) sunscreens like Revision TruPhysical or SkinCeuticals Physical Fusion
- Do not pick or rub on skin
- Do not shave, wax, dermaplane, chemical peel or laser your face for 14 days

Question? Please call our office or you can email your aesthetician directly:

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