

Pre & Post Instructions for Aqua VO Facial v 7-15-25

Pre-Treatment

You should not have the Aqua VO Facial if you are pregnant or breast feeding.

Avoid using the Sauna for 24 hours post an Aqua VO Facial.

Discontinue use of Isotretinoin for 6 months prior to treatment (Sotret, Claravis, Amnesteem, and Accutane).

Discontinue use of topical prescriptive medications for 48 hours prior to treatment (Retin-A®, Tretinoin®, Tazorac®, Dierin®, EpiDuo®, Ziana®).

Do not wax for 48 hours prior to scheduled appointment.

Do not use over the counter acne medications for 48 hours prior to scheduled appointment.

Avoid excessive exposure to the sun or self-tanning sprays within 72 hours of scheduled appointment.

Do not use exfoliant for 48 hours prior to appointment.

Make sure you have waited 2 weeks post any Botox and filler injections before your appointment.

Men should not shave same day if possible.

I understand that there are certain contradictions that would preclude me from receiving facial microcurrent treatments such as high frequency, RF (radio frequency), ultrasonic skin scrubber and ultrasonic treatments. Those contradictions include autoimmune disorders, diabetes, embolism, epilepsy, melanoma, metal implants including plates/pins/screws, open wounds, pacemaker use, phlebitis, pregnancy, thrombosis and varicose veins. I understand using microcurrent treatments involve conducting mild electrical currents through the body, and that this brings some inherent risk.

Post Treatment

No waxing, Botox or fillers for 48 hours.

Avoid sun tanning for at least 48 hours to prevent UV rays from damaging your skin. If you must be in the sun please use a sun block with an SPF of 50 or higher. We strongly recommend using sunscreen daily.

Avoid excessive heat (sauna/hot showers/intense workouts for 24 hours.

You can apply makeup right away but for best results try not to.

Topical prescriptive medications can be resumed in 48 hours.

OTC acne medications may be resumed in 48 hours.

Discontinue the use of topical Retin-A or generic tretinoin for at least 48 after treatment.

Refrain from any medium and/or deep chemical resurfacing treatments (peels) and laser treatments for 2 weeks after your Aqua VO Facial.

Refrain from any type of exfoliating treatments such as glycolic acid or enzymes to the area for 48 hours.

No chemical peels, microdermabrasion or dermaplaning for 2 Weeks.

Cease use of AHA.s, Glycolics and other chemical exfoliants for 2 days post treatment.

You could experience increased bruising if you are on blood thinners or an aspirin regimen.

Do not shave the treated site for 24 hours post if possible.

The above is a guideline and not exclusive. Please contact us with any questions or concerns. If you have an active or uncontrolled medical condition such as cancer, autoimmune disease, diabetes or other medical conditions then you should consider delaying an Aqua VO Facial service or have approval from your physician.