

PicoSure Laser Aftercare Instructions

Thank you for choosing us for your PicoSure Laser treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild redness, warmth, or swelling (similar to a sunburn)
- Tightness or sensitivity in the treated area
- Treated pigmentation may darken before fading
- Light flaking or peeling as skin renews
- Gradual improvement in texture, tone, and clarity over time

Immediately After Treatment:

- Pink or flushed skin is normal
- Skin may feel warm or tingly for a few hours
- Avoid touching, rubbing, or applying makeup
- Keep skin clean and allow it to breathe

First 24 Hours:

- No makeup or active skincare ingredients (retinol, acids, scrubs)
- Avoid heat: no hot showers, saunas, or intense workouts
- Cleanse gently with a mild, non-exfoliating cleanser
- Moisturize with a soothing, fragrance-free product
- Stay indoors or wear SPF 30+ if going outside

Ongoing Care (Days 2-14):

- Continue gentle cleansing twice daily
- Apply a hydrating moisturizer as needed
- Use SPF 30+ daily — sun protection is essential
- Do not exfoliate or use harsh products until fully healed
- Allow any flaking to occur naturally — do not pick
- Dark spots may crust or darken temporarily — this is normal

When to Contact Us:

- Redness or swelling lasting longer than 3 days

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- Blistering, oozing, or signs of infection
- Severe discomfort or unexpected reactions

Additional Tips:

- Stay hydrated and maintain a healthy diet to support skin healing.
- Use clean pillowcases and towels
- Avoid heavy sweating or dusty environments
- Mineral makeup can be worn after 24–48 hours if needed
- Follow your treatment plan for best long-term results

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!