

## **AviClear Aftercare Instructions**

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

### **What to Expect:**

- Mild redness or warmth in the treated areas (similar to a light sunburn)
- Slight swelling or sensitivity, typically resolving within 24–48 hours
- Temporary dryness or tightness
- Mild purging (breakouts) may occur as your skin begins to rebalance oil production
- Results develop gradually over weeks and improve with each session

### **Immediately After Treatment:**

- Skin may look flushed and feel warm or sensitive
- Avoid touching, picking, or applying makeup
- Do not apply any skincare unless directed by your provider
- Stay cool — avoid saunas, hot showers, and sweating

### **First 24 Hours:**

- Cleanse gently with a non-active, fragrance-free cleanser
- Apply a lightweight, soothing moisturizer if advised by your provider
- Avoid direct sun exposure and heat
- Do not wear makeup
- Skip any exfoliants, scrubs, or acne treatments

### **Ongoing Care (Days 2-14):**

- Cleanse twice daily with a gentle cleanser
- Moisturize regularly to maintain hydration
- Apply SPF 30+ daily — sun protection is essential for healing
- Avoid active ingredients like retinoids, AHA/BHA, benzoyl peroxide, and salicylic acid until your skin fully calms (usually 5–7 days)
- Do not pick at purging breakouts — let them resolve naturally
- Resume acne treatment products only when cleared by your provider

# ShimChing MD

Asia Pacific Plastic Surgery Inc.

## **When to Contact Us:**

Please reach out immediately if you experience:

- Persistent redness, swelling, or discomfort beyond 3 days
- Blistering, crusting, or signs of infection
- Severe breakouts, unusual irritation, or pain
- Any concerns about your healing process

## **Additional Tips:**

- Use only products approved by your provider for the first week  
Avoid tanning, sun exposure, and hot environments
- Change pillowcases often and avoid touching your face
- Stay consistent with your AviClear treatment plan for long-term results
- Be patient — purging is temporary, and clearer skin is on the way

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!