

1540 Fractional Laser Aftercare Instructions

Thank you for choosing us for your 1540 Fractional 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 and swelling, similar to a sunburn, for up to 48 hours
- Warmth, sensitivity, or tightness in the treated area
- Skin may feel dry or rough in texture as it begins to heal
- Light flaking or mild peeling may occur
- Gradual improvement in texture, tone, fine lines, and scarring over several weeks

Immediately After Treatment:

- Skin will be red and slightly swollen
- Warm or sunburn-like sensation is common
- Avoid touching, rubbing, or applying makeup
- Do not apply any skincare unless advised by your provider
- Keep the skin clean and allow it to breathe

First 24 Hours:

- Cleanse with a gentle, non-active cleanser (no exfoliants, scrubs, or acids)
- Moisturize with a soothing, non-comedogenic product recommended by your provider
- Avoid sun exposure, heat, sweating, and heavy physical activity
- Do not wear makeup
- No active skincare ingredients (retinol, AHAs/BHAs, vitamin C, etc.)

Ongoing Care (Days 2-14):

- Continue using a gentle cleanser and hydrating moisturizer
- Avoid retinoids, exfoliants, and active products until skin is fully healed (usually 7–10 days)
Apply broad-spectrum SPF 30+ every morning — sun protection is crucial
- Treated skin may feel dry or rough — allow natural flaking to occur (do not pick or peel)
- Avoid prolonged sun exposure, hot tubs, saunas, and direct heat
- You may resume light, mineral makeup once skin feels calm and intact

ShimChing MD

Asia Pacific Plastic Surgery Inc.

When to Contact Us:

Please reach out immediately if you experience:

- Redness or swelling lasting longer than 3 days
- Blistering, crusting, or signs of infection (pus, yellow discharge)
- Intense discomfort or unusual reactions
- Concerns about healing or pigmentation changes

Additional Tips:

- Sleep on a clean pillowcase and avoid touching your face
- Stay hydrated and nourish your skin with a balanced diet
- Avoid strenuous workouts and excess heat until skin has settled
- Stick to a series of treatments if recommended for best results
- Be patient — collagen remodeling continues for weeks after each session

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!