

Skinvive Aftercare Instructions

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

What to Expect:

- Mild redness, swelling, or tenderness at injection sites
- Possible tiny bumps, bruising, or firmness at the treated areas
- Skin may feel slightly tight for a few days
- Results (improved smoothness and hydration) typically appear within 7–14 days

Immediately After Treatment:

- Apply a cold compress gently if needed for swelling or discomfort (10–15 minutes at a time)
- Avoid touching, pressing, or massaging the treated areas
- Keep the skin clean and avoid applying makeup for at least 4–6 hours
- Stay upright for at least 4 hours; no lying flat or bending over deeply

First 24 Hours:

- Avoid strenuous exercise, excessive heat (hot tubs, saunas), and alcohol
- Do not apply heavy skincare products or irritants (retinoids, acids, scrubs)
- Use gentle cleansers and moisturizers
- Protect skin with broad-spectrum SPF 30+ if going outdoors

Ongoing Care (Days 2-14):

- Mild bumps or firmness under the skin should resolve naturally
- Continue gentle skincare; prioritize hydration and sun protection
- Avoid facial treatments (laser, microneedling, chemical peels) in the treated area for at least 2 weeks
- Drink plenty of water to enhance the hydration benefits
- Skin appearance and smoothness will gradually improve over the first 2 weeks

When to Contact Us:

Please reach out immediately if you experience:

ShimChing MD

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- Significant swelling, pain, or redness that worsens after 48 hours
- Signs of infection (heat, pus, or spreading redness)
- Lumps or firmness that do not improve over time
- Any sudden onset of severe pain or changes in skin color (blanching or dark spots)

Additional Tips:

- Be patient — optimal glow and hydration develop over several days
- Follow your customized plan for maintenance treatments (usually every 6 months)
- Avoid vigorous facial massages or treatments for 2 weeks

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!