ShimChing MD
Asia Pacific Plastic Surgery Inc.

Microneedling/ Vampire Facial Aftercare Instructions

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

What to Expect:

- Redness and sensitivity similar to a mild sunburn (typically lasts 24–48 hours)
- Possible swelling, pinpoint bleeding, or tightness
- Skin may feel dry or flake slightly within a few days
- Gradual improvement in skin tone and texture over 2–4 weeks
- Results continue to build over time with proper care and multiple sessions

Immediately After Treatment:

- Skin may appear pink/red and feel warm or tight
- Avoid touching or applying makeup for at least 12 hours
- Do not wash your face for 6–8 hours post-treatment
- Apply only post-treatment products recommended by your provider (e.g., hyaluronic acid, calming serum)

First 24 Hours:

- Avoid sun exposure, heat, sweating, and exercise
- No active skincare ingredients: retinol, vitamin C, AHAs/BHAs, or exfoliants
- Keep skin clean and hydrated with gentle products
- Avoid makeup and scented skincare products

Ongoing Care (Days 2-14):

- Gently cleanse and moisturize your skin with mild, non-active products
- Apply broad-spectrum SPF 30+ daily — sun protection is critical
- Avoid direct sun exposure and tanning beds
- Do not pick, peel, or exfoliate flaking skin — allow it to shed naturally
- You may resume active skincare (retinoids, acids) around Day 5–7, if skin is fully healed
- Continue hydrating and nourishing the skin

When to Contact Us:

Shim Ching, MD | Asia Pacific Plastic Surgery & MedSpa
1330 Ala Moana Blvd., 4th Floor, Honolulu, HI 96814 Phone: (808) 585-8855

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Please reach out immediately if you experience:

- Persistent redness, swelling, or irritation beyond 3 days
- Signs of infection (pus, excessive heat, or unusual discharge)
- Burning, blistering, or rash-like symptoms
- Any reactions that seem abnormal or concerning

Additional Tips:

- Avoid alcohol-based toners or harsh ingredients for 5–7 days
- Schedule follow-up microneedling treatments 4–6 weeks apart for best results
- Keep your skincare routine simple and soothing
- Stay hydrated and maintain a healthy lifestyle to support healing
- Use a fresh, clean pillowcase and avoid touching your face unnecessarily

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!

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