

Seru Glow Aftercare Instructions

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

What to Expect:

- Slight redness or pinkness in the treated area for a few hours
- Mild tightness or sensitivity, similar to a light sunburn
- Plumper, smoother, and more radiant skin may appear within days
- Possible minimal flaking or dryness depending on your skin's response
- Enhanced glow and hydration over the next 7–10 days

Immediately After Treatment:

- Skin may look flushed and feel warm or tight
- Avoid touching the treated area unnecessarily
- Do not apply makeup for the first 12–24 hours
- Use only a gentle, hydrating moisturizer and mineral-based SPF 30+

First 24 Hours:

- Avoid exercise, saunas, steam rooms, and hot showers
- Do not use exfoliating products, retinol, AHAs, BHAs, or vitamin C
- Keep skin protected and hydrated — apply a gentle, non-comedogenic moisturizer as needed
- Use a mineral sunscreen to prevent sun sensitivity

Ongoing Care (Days 2-14):

- Continue with a gentle skincare routine — mild cleanser, hydrating serum, moisturizer, SPF
- Avoid harsh exfoliants or active ingredients until your skin feels fully recovered
Do not pick or peel at any dry or flaking skin
- Stay consistent with sun protection — your skin is more sensitive to UV exposure
- Drink plenty of water and maintain a healthy diet for optimal skin hydration and healing

When to Contact Us:

ShimChing MD

Asia Pacific Plastic Surgery Inc.

Please reach out immediately if you experience:

- Prolonged redness, swelling, or discomfort lasting more than 3 days
- Signs of infection (pus, heat, unusual discharge)
- Persistent irritation or rash
- Any reactions that feel abnormal or concerning

Additional Tips:

- Schedule treatments every 4–6 weeks for best results
- Always wear SPF 30+, even on cloudy days
- Consider using calming, antioxidant-rich serums to boost healing
- Avoid new skincare products or treatments until your skin is fully healed
- Pair with hydrating facials or LED therapy for enhanced outcomes

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!