

HALO LASER TREATMENT

*Experience the world's first Hybrid Fractional Laser (HFL) that is revolutionizing resurfacing.
This unique laser provides maximum results in improving the appearance of skin with minimum discomfort or downtime.*

WHAT TO EXPECT

WARMTH

- The most intense feeling of heat typically lasts 1-3 hours post-treatment, and these areas may continue to feel quite warm for the next 12-24 hours.

REDNESS

- Redness is normal and will increase in intensity over the first 1-3 days after treatment.
- Redness usually subsides within a week, but can persist longer.

PINPOINT BLEEDING

- Pinpoint bleeding may occur immediately after treatment and can last up to 24 hours.
- Dab with clean, damp gauze.

SWELLING/TIGHTNESS

- Swelling typically begins immediately after treatment and can last several days.
- Peak swelling occurs approximately 48-72 hours after treatment.
- Oral antihistamines, cold compresses, and sleeping with your head elevated can help.

MENDs (Microscopic Epidermal Necrotic Debris)

- MENDs are tiny dark spots that typically appear by the second or third day after treatment.
- These spots are bits of tissue working their way out while fresh, new skin is being regenerated. Do NOT pick them.

DRYNESS/FLAKING/PEELING

- As your skin heals it will feel very dry, tight, and sandpapery before flaking and sloughing/exfoliating off.
- The skin on your face usually goes through this healing process faster than skin below your face.
- It is important to not scrub, scratch, rub, or pick the treated area during this time.
- Keep your skin well moisturized to support healing.

BEFORE YOUR TREATMENT

4 WEEKS OUT

- If you are treating brown spots or melasma begin using a topical prescription hydroquinone cream (available in our Advanced SkinCare Center).

3 WEEKS OUT

- Avoid excessive sun exposure and wear SPF30-50 sunscreens daily.

1 WEEK OUT

- Stop using Retin-A and all other retinoid and/or anti-aging products.
- Obtain:

Oral antihistamines like Allegra, Claritin, or Zyrtec for daytime AND oral Benadryl for nighttime.
Start your daytime antihistamine THE DAY BEFORE your treatment.

Antiviral prescription (if you have a history of cold sores) and begin taking THE DAY BEFORE your treatment.

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AFTER YOUR TREATMENT

You will be given a Halo After-Care Kit with instructions and samples to get you through the first 48-72 hours

FOR THE FIRST 24 HOURS

- Use the **Avène Thermal Spring Water Spray** from the After-Care Kit and nothing else. Use this spray as needed for cooling. Do not shake the can
- Continue to take your oral antihistamines for the next 2 days (or longer, if needed).
- Continue to take your antiviral medication, if prescribed.
- For general discomfort you may take Extra Strength Tylenol, as directed.
- Sleep with your head elevated and drink lots of water.
- Avoid any sun exposure.

AFTER 24 HOURS

- Cleanse with the **cleanser provided in your kit** twice a day (morning & night) with lukewarm water and using just your hands, make gentle, patting motions and carefully pat dry with a soft towel.
- Use **the moisturizer provided in your kit** twice a day. You may also use Cetaphil or Cerave moisturizing cream, if you need or prefer.
- Continue to avoid sun exposure.

AFTER 48 HOURS

- Continue to cleanse your skin twice a day and **moisturize** as needed.
- Begin daily application of a **physical sunscreen, either what was provided in your kit or whatever was recommended by your provider**. Reapply throughout the day and wear a protective hat if you go outside.
- Avoid excessive sun exposure for 3 weeks after your treatment.

WHAT TO AVOID

- Do not use Retin-A or any other anti-aging products until your follow-up appointment in 4 weeks.
- Do not drink alcohol for at least 48 hours.
- Do not use shampoo for the first 48 hours.
- Do not scrub, scratch, rub, or pick at your skin as it heals.
- Do not shave the treated skin for at least 7 days and until it is fully healed.
- Do not strenuously exercise (i.e. get overheated and/or sweaty) until your skin has fully healed.

If you experience excessive tenderness, redness, or any signs of infection like drainage that is yellow or green, or a fever of 101.5 or higher, please contact our office immediately: (770) 497 0699