



Halo Treatment Instructions

The HaloPro Laser is a fractionated laser that uses hybrid technology of 1470 nm non-ablative laser and 2940 nm ablative laser to create controlled zones of heating to chosen depths into the dermis that stimulate collagen synthesis and fractionally vaporize micro-channels in the epidermis addressing tone and texture of the skin.

The Halo fractional treatment creates outcomes based on the aggressiveness of the treatment taking into account your skin concerns, the health of your skin, the color of your skin and your individual healing ability. Due to this, patient response can vary after a Halo fractional treatment. Redness and swelling are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

Please Note: You cannot be treated if the treatment area is exposed to the sun within 4 weeks prior to your appointment. Please plan accordingly.

Post Treatment

- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment with day 3 being most intense. Redness can persist for up to 14 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for a few hours.
- Immediately after treatment, swelling is common and expected. Use of cool compresses are safe. Benadryl at bedtime and/or a daily antihistamine are recommended. To avoid further swelling, you may choose to sleep in an upright position the first few nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last up to a week, depending on the aggressiveness of the treatment and your healing response.
- The treated area may be extremely warm for 12-24 hours after the treatment.
- On the 2nd or 3rd day after treatment, you may increasingly notice tiny dark spots and a bronzed appearance to the treated skin. These spots are called MENDS (microscopic epidermal necrotic debris). In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, the microscopic wounds, known as MENDS, contain large amounts of melanin. Because there are so many MENDS, they can make the skin look bronzed and small areas appear crusted (do not try to scratch them off). This is part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel. If the face is treated, it could take 5-7 days for the peeling process to be completed. If the neck, chest or anywhere on the body was treated, this process could take up to 2 weeks.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve. Your clinician will inform you and advise you of when make-up can be used and which kind.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by over-the-counter oral pain relievers.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur.

Post Care

- Immediately after treatment, your clinician will apply a cool thermal spray to the treated area. This should be reapplied as needed to keep the skin moist and relieve itching during healing.
- The first night, apply Cicalfate liberally to skin prior to sleep. If you are still feeling heat in the treated skin, wait to apply Cicalfate the next morning. If tolerated, take Benadryl before bed.
- Ensure that you are sleeping on a clean pillow case and do not allow pets in/on the bed during the time skin is healing.
- Beginning the morning after treatment, cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; e.g. Cetaphil or New Life's Gentle Foaming Cleanser. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, use an exfoliant or a skin care brush (e.g. Clarisonic) in the treated area. Doing so could result in added inflammation and pigmentation complications.
- We recommend a daily antihistamine (Claritin/Zyrtec and Pepcid AC)
- Cicalfate should be applied generously over treated area and reapplied whenever your skin feels dry. For severe dryness, add Aquaphor on top of your Cicalfate or mix it in with it.
- Peeling and flaking generally occur within 72 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- **Sunscreen is a MUST and should be used daily beginning the third day after treatment and used vigilantly for up to 3 months post procedure.** Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of at least 30. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation can/will occur.
- Typically, after the peeling process is complete, makeup can be worn.
- When showering in the next few days, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.
- Avoid strenuous exercise and sweating until after skin has healed.
- **Do not apply active skincare until cleared at your 2 week follow-up.** This includes avoiding retinols, acids, and exfoliators.
- **Return to our office within 2 weeks of your treatment** so that your provider can observe any delayed healing or other concerns. **Please do not wear makeup to this appointment so we can accurately assess your skin.**

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

Please call our office or text your provider with any questions or concerns: 919.521.8282