New Life Aesthetics

Halo Tribrid Treatment Instructions

The HaloPro Laser is a fractionated laser that uses Tribrid technology of 1470 nm and 1927 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 color, tone and texture of the skin.
The Halo Tribrid 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. Healing time varies by patient.

Contraindications For This Treatment Include:

- Unprotected sun exposure, tanning beds, and sunless tanners 4 weeks prior to treatment
- Photosensitive antibiotics and topical skin preparations taken up to 1 week prior to treatment

No one on anti-coagulants may have this procedure

- Pregnancy
- Bacterial or viral infection
- Uncontrolled diabetes
- Impaired immune system and poor healing
- Accutane within the past 12 months
- Scleroderma, Vitiligo, Melanoma, Psoriasis
- Extensive radiation therapy
- History of skin cancer within past 5 years
- If you have a history of cold sores, you will need to take a preventive medication to lessen risk of recurrence

New Life Aesthetics skin care or a post-treatment program will be used before and after laser skin treatments in order to protect and enhance the results.

BEFORE your treatment

Your pre-medications are optional but HIGHLY encouraged for your comfort and improved patient experience. Please follow the directions and warnings on the bottle. Medications MAY include:
Journavx is a non-opioid pain medication that should be taken the night before (2 tablets) and the morning of treatment (1 tablet)
Prednisone in low doses will help to relieve swelling. Please begin by taking 2 tablets the morning of treatment, followed by 1 tablet each day after until they are gone
Valcyclovir is prescribed if you have a history of cold sores. Please take 2 tablets the morning of your treatment, and follow with 2 more 12 hours later
Doxycycline is prescribed if you are acne prone or have active rosacea. Take as directed

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 2 or more 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.
- 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.
- 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.
- For the **first 48 hours** after treatment, the **only products** that should be used on your skin are Cetaphil moisturizer and 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 in the treated area. Doing so could result in added inflammation and pigmentation complications. Cetaphil moisturizer should be applied at least twice daily.
- **After 48 hours**, Pre-Cleanse is recommended to soften and hydrate, while also cleansing off old product, prior to re-applying. When using Pre-Cleanse, apply one pump in the palms of your hands and massage into DRY treated skin. Allow it to sit at least 30 seconds. Rinse skin with tepid water. Be gentle when drying. Cicalfate should be applied generously over treated area and reapplied whenever your skin feels dry.
- Peeling and flaking generally occur within 72 hours post treatment and should be allowed to come off naturally. **DO NOT 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.
- 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
- Fever of 101.5 or greater
- Increased warmth at or around the treated area
- Extreme itching

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