



## **Halo™ Pre and Post Care Instructions**

### **Pre-Treatment Instructions:**

- 21 days before treatment: If you are prone to hyperpigmentation, your provider will prescribe a topical skin bleaching cream to use a minimum of three weeks prior to your treatment.
- 3 days before treatment: Stop all topicals, with the exception of a plain moisturizer, gentle cleanser and sunscreen. You must avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, “Groots”, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging” or acne products. Also avoid waxing, tweezing, or the use of hair removal cream on the area to be treated, and excessive sun or heat lamp exposure.
- Inform your Cosmetic Associate if you have a history of facial herpes to receive advice on antiviral therapy prior to treatment.
- Do not have a Halo treatment if you are pregnant.
- Avoid having dermal fillers injected 1 month prior to procedure. Wait a minimum of 2 weeks after the procedure to have dermal fillers injected.

### **Immediately Following Treatment:**

- Redness is normal. It generally increases in intensity with day 3 being most intense. It can persist for up to 7 days or more, depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur and can last for a few hours up to 12 hours or more, depending on the treatment depth. It may be isolated to certain treated areas.
- Immediately after treatment, swelling is common, especially under the eyes. Use of a cold compress or ice packs and/or Benadryl will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an elevated position the first night.
- The treated area may be extremely warm for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time.
- Occasionally, white heads may form post treatment. You should contact your Cosmetic Associate as a topical medication may be recommended.
- If an antiviral was prescribed for you, continue to take as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol or Ibuprofen.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise, sweating, swimming, hot tub, and sauna use until after skin has healed.
- Avoid pets and small children having contact with treated skin throughout the healing process.
- During the healing phase, be sure to disinfect your cell phone or landline phone with alcohol wipes before use. Try to avoid your treated skin’s contact with the phone by choosing a hands-free option.

*Please see reverse side of page*

## **The Next Morning Following Treatment**

- Avoid cleansing devices/brushes (i.e., Clarisonic), glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams until recommended.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; i.e. Avene® Clean Ac Cleanser, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, i.e. Avene® Cicalfate Cream, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin as it heals. Typically, the occlusive barrier is needed up to 10 days post treatment. Reapply the occlusive barrier as needed for comfort. **Do not allow the treated area to dry out.**
- Apply a sunscreen daily with an SPF of 30 and Avene® Cicalfate Cream as recommended by your Cosmetic Associate to protect, soothe and hydrate the skin.
- Avoid extreme sun exposure. If in direct sunlight, apply sunscreen 20 minutes before sun exposure and reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- Wait a minimum of 4 to 6 weeks (or as directed by your Cosmetic Associate) before receiving any additional skin care or laser treatments.
- Peeling and flaking generally occur within 24 - 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 AND/OR INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup.

## **2 – 3 Days Following Treatment**

- On the 2<sup>nd</sup> or 3<sup>rd</sup> day after treatment, you will notice tiny dark spots and bronzed appearance to the treated skin. This is called the 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, peel, and itch. Depending on the areas treated, it could take 5-7 days or more for the peeling process to be completed.
- 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.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.

## **Contact the Office Immediately if Any of the Following Signs of Infection Occur:**

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers

**Please contact us at 520.795.7729 if you have any questions or concerns.**