



## Halo™ Pre and Post Care Instructions

**Scheduling Considerations:** This treatment requires up to 10 or more days of healing, which may include swelling, redness, bruising, and peeling. You'll need to avoid strenuous exercise, sweating, swimming, hot tubs, and sauna use. Please avoid scheduling your treatment close to vacations, travel, special events, outdoor activities, family photos, or other important plans during this healing time.

### 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.
- **Avoid all sunless or self-tanning products**, including bronzers, creams, lotions, sprays, and tanning oil drops

#### 14 days before treatment:

- **Avoid waxing, tweezing, and plucking.** Do not use bleaching cream or hair removal cream in the area for a minimum of two weeks prior to treatment. Avoid excessive sun exposure, heat lamps, sunburns, and tanning.

#### 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 exposure.
- Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters) to receive advice on antiviral therapy prior to treatment.
- Do not have a Halo treatment if you are **pregnant**.
- Inform your provider if you have used **Accutane/Isotretinoin** in the past year or have recently used topical medications or antibiotics, or anti-coagulants.
- Avoid having dermal fillers injected **1 month prior** to procedure. Wait a minimum of **2 weeks after** the procedure to have dermal fillers injected.
- **Bring a hat and sunglasses** to the procedure as you may be sensitive to the sun and heat when you leave the office.
- Try to arrive to the office with a "clean face". Please **do not wear makeup**, if possible.

### Immediately Following Treatment:

- Following treatment, you can begin using an occlusive barrier, i.e. Avene® Cicalfate+ Restorative Protective 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. With clean hands, gently apply the occlusive barrier as needed for comfort. **DO NOT ALLOW THE TREATED AREA TO DRY OUT.** In addition to the occlusive barrier cream, you may also use Avene® Thermal Spring Water, spraying onto the skin to calm and cool it.
- **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. Be sure to wrap ice packs with paper towels prior to using.
- 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 Provider as a topical medication may be recommended.
- If an antiviral was prescribed for you, continue to take as directed.

*Please see reverse side of page*

## Immediately Following Treatment (Continued)

- While not commonly needed, post-treated discomfort may be relieved by **oral pain relievers**; i.e. Extra Strength Tylenol or Ibuprofen.
- **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.

## The Next Morning Following Treatment

- **Avoid** cleansing devices/brushes, glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams until recommended.
- When showering, be sure to wash your hair **behind you** to avoid getting shampoo directly on the treated area.
- **Cleanse the skin two times a day** with plain, lukewarm water and a gentle cleanser (i.e., Avene® Tolerance Extremely Gentle Cleanser), beginning the morning after the treatment. Use clean 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+ Restorative Protective Cream, taking care to cover all treated areas. Reapply the occlusive barrier as needed for comfort. Typically, the occlusive barrier is needed up to 10 days post treatment. **DO NOT ALLOW THE TREATED AREA TO DRY OUT.** You may also continue using Avene® Thermal Spring Water.
- **Apply a sunscreen daily with an SPF of 30 and Avene® Cicalfate+ Restorative Protective Cream** as recommended by your Cosmetic Provider 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 Provider) 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. Zyrtec or Claritin can be taken as alternatives. 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.