

HALO POST-CARE

- Cleansing: Cleanse skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. DO NOT rub, scrub or exfoliate. Do not use a skincare brush, such as a Clarisonic, on the treated area.
- Moisturizing: Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. Do not apply any other products that were not instructed by your doctor - e.g., essential oils, coconut oil, etc.
- **Sunscreen:** Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. An SPF 30+ broad-spectrum sunscreen is recommended. Reapply every 1.5-2 hours.



Tips and what to avoid:

- Use soft cloths and towels to avoid any scrubbing.
- Makeup can typically be worn once the peeling process is complete.
- Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.
- When showering, avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.
- Avoid use of retinol/Retin-A/tretinoin or any anti-aging products until your follow-up appt.
- Avoid alcohol for at least 48 hours post treatment.
- Avoid shaving for 7 days or until skin is healed.

If you experience excessive tenderness, redness, or any signs of infection, like yellow or green drainage or a fever of 101.5 or higher, please call our office immediately: 715-847-0000. Please email any non-emergent questions to our nurse practitioner, Anna Wicklund at Anna.wicklund@sawisconsin.com.