

HALO PRE-CARE

6 Weeks Out:

- If addressing brown spots, melasma or wrinkles, it is important to start a topical prescription hydroquinone cream and/or retinol/tretinoin recommended by your provider.

4 Weeks Out:

- Avoid excessive sun exposure and ensure you are wearing an SPF of 30-50 daily (YES, even in winter!)

1 Week Out:

- **STOP** using your retinol, retinoid, hydroquinone and/or other anti-aging products. (If your skin is acclimated to products above, you may stop 3-5 days prior to treatment.)
- **Make sure you have the following items on hand prior to treatment:**
 1. Oral antihistamines (Zyrtec, Allegra, Claritin for daytime and oral Benadryl for nighttime)
 2. Pick up your anti-viral prescription (only if you have history of cold sores).
 3. Other items that may be helpful to have on hand: cool compresses, Ibuprofen, Extra Strength Tylenol and Zantac (histamine blocker)

Day Before Treatment:

- Take an antihistamine (Zyrtec, Allegra, Claritin) 12 hours prior to the procedure.
- Start taking your anti-viral prescription (if you have a history of cold sores).

WHAT TO EXPECT & WHAT YOU SHOULD DO

WARMTH:

- The most intense feeling of heat typically lasts 1-3 hours post-treatment, and these areas may continue to feel warm for the next 12-24 hours.
- Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief as much needed moisture to the skin.

REDNESS:

- Redness is normal and may increase in intensity over the first 1-3 days after treatment. Redness usually subsides within a week but may persist for several weeks.
- Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on the skin.

PINPOINT BLEEDING:

- Pinpoint bleeding may occur immediately after treatment and can last up to 24 hours.
- Dab with a damp cloth.

SWELLING & TIGHTNESS:

- Swelling typically begins immediately after treatment and can last several days.
- Use of cold compresses, oral antihistamines and sleeping with your head elevated can help relieve swelling.

MENDS (Microscopic Epidermal Necrotic Debris)

- MENDS are tiny dark spots that typically appear by the second or third day after treatment.
- MENDS are 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 feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick at your skin.

