

# POST-PROCEDURE RECOVERY GUIDE: HALO FRACTIONAL LASER

## What to Expect After Your Treatment

Following your HALO Fractional Laser treatment, you may experience redness, swelling, warmth, tenderness, and a sensation similar to a moderate sunburn. Tiny dark spots known as “MENDS” (microscopic epidermal necrotic debris) may appear within 24–72 hours, giving the skin a bronzed or sandpaper-like texture as it heals.

These effects are normal and part of the skin renewal process.

## Post-Treatment Instructions

### For the First 24 Hours

- Keep skin clean and hydrated
- Use only approved gentle skincare products
- Apply cool compresses for comfort if needed
- Avoid touching, rubbing, or scratching the skin
- Sleep with your head elevated to help minimize swelling

### During The Healing Process

- Cleanse gently with lukewarm water
- Apply moisturizer frequently to prevent dryness
- Allow peeling skin and MENDS to shed naturally
- Do NOT scrub, exfoliate, or pick at the skin

### Avoid Until Cleared by Your Provider

- Retinoids or retinol products
- Glycolic acids, salicylic acids, or exfoliating products
- Harsh scrubs or cleansing brushes
- Waxing or aggressive skin treatments
- Excessive sweating and strenuous exercise for several days
- Hot tubs, saunas, and steam rooms

## Common Side Effects

Temporary side effects may include:

- Redness
- Swelling
- Warmth
- Tightness
- Bronzing
- Peeling or flaking
- Mild itching

## Sun Protection Is Critical

- Freshly treated skin is highly sensitive to UV exposure.
- Avoid direct sun exposure
- Wear broad-spectrum SPF 30+ daily
- Reapply sunscreen frequently outdoors
- Wear hats and protective clothing when possible
- Failure to protect the skin may increase the risk of hyperpigmentation and delayed healing.

## Please contact our office if you experience:

- Blistering
- Severe swelling
- Increasing pain
- Signs of infection
- Fever or chills
- Prolonged redness beyond expected healing
- Any symptoms that concern you

*Austin Cosmetic Medspa*

THE ART AND SCIENCE OF AESTHETIC MEDICINE  
BY CHRISTINE FISHER MD

(737) 312-3221