

Sanctuary Plastic Surgery
4800 N Federal Hwy. Suite C101
Boca Raton, FL 33431
Office: (561)-367-9101 * Fax: (561) 367-9102
www.spsboca.com

Halo & Moxi
Pre & Post Laser Guidelines

Prior to Procedure:

1. **Purchase:**
 - a. 4 x 4 Soft Gauze
 - b. Cetaphil Cleanser & Moisturizer
 - c. EltaMD Moisturizer (available in office)
2. **Discontinue:**
 - a. Any products with Retin-A, Retinol, Alpha Hydroxy Acids (AHA), Hydroquinone
 - i. 3 days *before* & up to 1 week *after* your Halo/Moxi
 - b. Direct Sunlight/UV Exposure & Sunless Tanning Products
 - i. 2 weeks *prior* to and 2 weeks *after* your Halo/Moxi- it is imperative that you use SPF 30+, hats, sunglasses, & any other sun protective items to shield your skin from harmful UV rays
3. **Prescriptions/Medications:**
 - a. Valtrex will be prescribed to you, regardless of your history of cold sores.
 - i. Start taking this medication as prescribed or you may receive instructions to start taking the medication after procedure
 - b. Pre-Procedure Meds may be advised as well. Your clinician will review your exact instructions.

Day of Procedure:

1. Arrive 1 hour prior to your appointment time for Pictures and application of Numbing Cream
2. Please arrive to office free of any makeup, lotions, perfumes
3. We will give you a headband to keep your hair off your face- please have a hair tie if you have long hair
4. Eat breakfast/lunch, Drink water
5. Wear loose fitting clothing (preferably a button-down top)

After the Procedure:

1. *Gently* cleanse your skin with Cetaphil and soft gauze as instructed up to **3** times a day- Do not Scrub
2. Apply a thin layer of EltaMD Moisturizer for approx. **1-3** days; apply in the evenings before bed (use a towel to protect pillowcases/sheets). Your clinician will review your exact instructions.
 - a. If your skin feels dry, apply more moisturizer between washing- the more hydrated you are the quicker you will heal
3. Transition to Cetaphil Moisturizer once your skin starts sloughing (approx. **2-5** days after); this is also the time to try an introduce SPF into your routine again
4. Contact office if your skin is breaking out in pimples/bumps/rash, or is *unusually* red/swollen post treatment (mild- moderate redness/swelling/tightness is to be expected)
5. Makeup application is different per patient and will be determined by your clinician.