



PONTE VEDRA

PLASTIC SURGERY

Halo Fractional Laser Pre/Post-Treatment Instructions

Physicians have used lasers for many years. There are many different methods for the surgical use of lasers. The HaloPro Laser is a fractionated laser that uses hybrid technology of 1470 nm non-ablative laser and 2940 nm ablative laser to create controlled zones of coagulation to chosen depths into the dermis that stimulate neocollagenesis and fractionally vaporize (ablate) micro laser channels in the epidermis addressing tone and texture of the skin. For use of Halo non-ablative laser only, it does not vaporize the skin. The Halo fractional treatment creates outcomes based on the aggressiveness of the treatment taking into account your skin concerns, the health of your skin and your individual healing ability. Due to this, patient response can vary after a Halo fractional treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

Pre Treatment

- **NO TAN** (natural or artificial) at least 4 weeks before your procedure.
- Hold Retinol based products 3-5 days prior to your procedure.
- You may prep your skin 2 weeks before treatment with **Alastin Nectar Skin Regenerator** and use it while healing for optimum results.
- **PRP** (Platelet Rich Plasma) is highly recommended to aid in healing, calming the skin, and enhancing the effects of the Halo. While you are numbing, we will draw one vial of blood and extract the PRP to apply to your fresh, new skin.



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Pre Treatment Continued:

- Arrive 30-45 mins early to your treatment for NUMBING CREAM application
- Medication Instructions (will be selected by your provider)
- Acyclovir or Valtrex 500mg: 1 tablet by mouth twice a day x 5 days (if possible, start the day before your treatment)
- Extra Strength Tylenol
- Hydroquinone 4%: Start 1 week after your treatment (if provider suggests)
 - Apply every 3rd night x 2 week
 - Apply every other night x 2 weeks
 - Apply every night x 2 weeks

Post Treatment

- **Redness** is expected and generally increases in intensity for a few days after treatment with day 3 being most intense. Redness can persist for up to 7 days depending on the aggressiveness of treatment.
- **Pinpoint bleeding** may occur and can last for a few hours and up to 12 hours depending on the treatment depth and may be isolated to certain treated areas.
- If you have excessive **itching**, you may take Benadryl.
- **Swelling** is common and expected immediately after treatment. If you have extreme swelling, contact your provider and Prednisone may be called in for you.
- The treated area may be **extremely warm** for 12-24 hours after the treatment.



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Post Treatment Continued

- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin and 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, have a sandpaper texture and will begin to flake and peel. The face could take 5-7 days for the peeling process to be completed. The neck, chest or anywhere on the body could take up to 2 weeks.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.

Post Care

- **Immediately after treatment**, your clinician will apply either PRP, Stratacel, or a SkinCeuticals Biocellulose Masque. You will be supplied 2 masques for each treatment.
- Cold compresses (wash cloths soaked in ice water) will help alleviate swelling and the extreme heat sensation. Wet the mask with water if it dries prior to removing.
- To avoid further swelling, it helps to sleep upright the first night after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes and may last 2-4 days depending on the aggressiveness of treatment.



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Post Care Continued

- The **Stratacel** should be reapplied at least AM/PM and as needed to keep the skin moist.
- **Cleanse** the skin 2 times a day with plain, lukewarm water and a gentle cleanser; e.g. **ZO Gentle Cleanser** or **Cetaphil**, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. **DO NOT RUB**, doing so could result in scarring and pigmentation complications. Gently washing the skin more frequently will help to promote the peeling process.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally.
- **DO NOT** use an exfoliant, a skin care brush (Clarisonic), pick, rub, or force off any skin during the healing process. This could result in scarring, pigmentation complications, and infection.
- **Sunscreen is a MUST** and should be used daily beginning the day of treatment and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of at least 30. **Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 1-2 hours.** The **Alastin HydraTint Mineral Sunscreen** is great for reapplication (sold at our office). If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypopigmentation can / will occur. Sun exposure should be avoided for 2 months post treatment.
- Avoid heat and steam. When showering in the next few days, avoid getting shampoo on the treated area. You may shower with your back to the water to avoid directly hitting your face with the full force stream of the water.
- Avoid strenuous exercise and sweating until after skin has healed.



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Halo Fractional Laser Post-Treatment Instructions Continued

Additional instructions:

It is very important to continue or start a skin care regimen recommended by our aestheticians to maintain your treatment results.

WARNING

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately.

Signs of infection include:

- Drainage – looks like pus
- Extreme itching
- Fever of 101.5 or greater
- Increased warmth at or around the treated area

	Treatment Day	Day 1	Day 2	Day 3	Day 4	Day 5
Alastin Nectar	If you did not get PRP, AM/PM	If you had PRP, wait until day 1 AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
SkinCeuticals Biocellulose Masque	Per provider, can use as directed after treatment	Per provider, can use as directed this day				
ZO Gentle Cleanser		AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
Stratacel	If you did not get PRP, AM/PM	If you had PRP, wait until day 1 AM/PM	AM/PM and as needed	AM/PM and as needed	AM/PM and as needed	AM/PM and as needed
Alastin HydraTint Mineral Sunscreen	Daily after day 1 and use a wide brim hat if being exposed to the sun.					