

## HALO FRACTIONAL LASER BEFORE & AFTER INSTRUCTIONS

- Halo is a fractionated, dual modality laser which means it uses two different lasers simultaneously to deliver an optimal treatment
- A Halo treatment will stimulate dermal renewal by enhancing collagen production, creating an overall improvement in tone and texture of the skin
- Halo treatments can be combined with broad band light (BBL) to further enhance results
- The treatment can be tailored to the patient's needs/ concerns

### Pre Treatment

- Avoid natural or artificial tanning 4 weeks prior to treatment
  - Please arrive 45 minutes prior to your treatment time for adequate numbing time
  - Per your provider you may be started on the following:
    - \*Plated or Nektar 2 weeks before the Halo
    - \*Please let your provider know if you have a history of fever blisters or shingles, if you have experienced either of these in the past then your provider may prescribe either Acyclovir or Valtrex 500mg twice a day to prevent an occurrence related to the treatment. Your provider will direct you on how to take this medication as follows:
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- Hydroquinone 4% applied daily (if directed by your provider)
  - Stop Retin A/ retinol use 3-5 days prior to appointment

### Post Treatment

- Redness is expected and may last up to 7 days
- Pinpoint bleeding may occur and last for up to 12 hours post treatment
- Swelling is expected and may increase over the first 48-72 hours. Please contact your provider if you experience significant swelling around your eyes making it difficult to open your eyes
- The treated area may feel warm for 12-24 hours. A soft cloth/ paper towel dipped in cool water may be applied for comfort. **DO NOT APPLY ICE TO THE SKIN.**
- You may experience itching, avoid scratching and apply more moisturizer. Only take Benadryl if your provider directs you to do so
- On Day 2 you will notice tiny dark spots all over your face and the skin will feel like sandpaper. Skin may also feel very dry. These spots are MENDS (microscopic epidermal necrotic debris).
  - Avoid scratching, they will shed naturally around day 4-7. MENDS on then body (neck/chest) will take longer (up to 4 weeks) to shed.
- Once all of the MENDS have fallen off and the swelling has resolved, you will notice a rosy/pink glow to the skin

## Post Care

- Immediately after the treatment your provider will apply Cicalfate and give you this to take home. Also, your provider may apply a cooling mask or give you one to apply at home
- Cool compresses can be applied to the face/ mask for comfort during the first couple of hours. **NEVER APPLY ICE DIRECTLY TO THE SKIN**
- To avoid further swelling, sleep with your head slightly elevated for the first few nights
- You will need to wash your face with a gentle cleanser such as Cetaphil/CeraVe/Obagi starting that night after your treatment. Use your fingertips only until the MENDS have resolved. Wash in the AM and PM.  
**AVOID EXFOLIANTS**
- Apply Plated after you wash, wait about 5-10 minutes and then apply Hydroquinone (if directed) followed by Cicalfate.
  - If you going outside then apply ample coverage of mineral sunscreen such as Alastin HydraTint
  - If you are going to be outside for several hours- then you need to reapply the mineral sunscreen every 2 hours and wear a wide-brimmed hat to avoid direct sun exposure
- Avoid excessive heat/ sweating for the first week

## Please contact our office if you experience any of the following:

- Infectious drainage
- Extreme itching
- Swelling that limits your ability to open your eyes
- Fever greater than 100
- Fever blisters or painful blisters specifically closer to the eyes

## Additional Notes

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Treatment Day	Day 1	Day 2	Day 3	Day 4	Day 5
Cicalfate	AM/PM	AM/PM	AM/PM and as needed	AM/PM and as needed	AM/PM and as needed
Plated	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
SkinCeuticals Biocellulose Masque	Per provider, can use directed after treatment	Per provider, can use directed after treatment			
Zo Gentle Cleanser		AM/PM	AM/PM	AM/PM	AM/PM
Alastin HydraTint or Mineral Sunscreen	Daily after day one and use a wide brim hat if being exposed to the sun.				
Additional Notes:					

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Cicalfate	AM/PM	AM/PM	AM/PM and as needed	AM/PM and as needed	AM/PM and as needed
Plated	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
SkinCeuticals Biocellulose Masque	Per provider, can use directed after treatment	Per provider, can use directed after treatment			
Zo Gentle Cleanser		AM/PM	AM/PM	AM/PM	AM/PM
Alastin HydraTint or Mineral Sunscreen	Daily after day one and use a wide brim hat if being exposed to the sun.				
Additional Notes:					