



HALO PRE & POST LASER INSTRUCTIONS

PRE-TREATMENT

- Four weeks prior to treatment stop prolonged sun exposure, artificial tanning, or the use of self-tanners.
- Wait at least 2 weeks after receiving injectable treatments in the treatment area
- One week prior to the treatment stop the use of retinol, hydroquinone, certain antibiotics or steroids.
- If you have a history of cold sores, we can prescribe a prophylactic treatment (i.e. Valtrex) prior to procedure may prevent an outbreak. Please discuss with your Esthetician and/or Dermatologist regarding this medication, prior to your scheduled treatment.
- Please arrive to your appointment with the treatment area clean and free of makeup if possible.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

POST TREATMENT

*****Immediately** following your HALO treatment, your skin will appear red. You will also feel a moderate to intense heat sensation which will gradually increase, peak, then slowly subside with time. This is all normal, and should be expected. It is recommended to begin "Ice Baths" as soon as possible post HALO.

Directions for Ice Baths:

1. Fill a large bowl with ice water and cold water
2. Take a soft clean washcloth and submerge into the, ring out any excess water, then apply to treatment area, repeat this until heat no longer remains.

***Avene Thermal Spring Water (provided in Post Treatment Kit) can be used at any time to soothe area. This is a sterile product, and is the **ONLY** product we recommend using in the first 48 hours after treatment. Product is also sold in different sizes at our front desk if more is needed.*

Post Care Treatment Regiment

1. Cleanse with cool water and gentle cleanser, rinse, and pat dry. BE GENTLE with your skin and avoid excessive rubbing.
2. Apply serum and/or moisturizer in your post care kit twice daily (AM &PM) May add more moisturizer as needed for dryness.
3. Follow with physical block sunscreen -AM only

4. Additional serums may be recommended for some skin types, refer back to your laser specialist if needed.
5. Continue all post care products as directed for at least 10-14 days.

***Some HALO treatments may require performing White Vinegar Soaks. These soaks are especially helpful on areas that were treated more aggressively. They will help with swelling, redness, and aid in the sloughing off process of the MENDS (tiny light brown dots). Your laser specialist will let you know if this additional step applies to you.*

Directions for Vinegar Soak

Add 1 TBSP. of white vinegar to a quart of cool water. Use a soft washcloth to gently press the solution into the skin, soak the area for at least 5-10 minutes, and repeat this 1-2x daily as directed

- Redness is normal and can be expected. It generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the treatment. Swelling is common and may develop after the first few days. To avoid further swelling, you may choose to sleep in an upright position the first night. The first morning post treatment is when swelling is more prevalent, especially under the eyes and can last 2-4 days
- Avoid hot showers, saunas, and vigorous exercise for the next 24-48 hours.
- MENDS will appear on the 2nd or 3rd day after treatment as tiny dark spots and give a bronzed appearance to the skin. This is part of the healing process where treated tissue is working its way out of your body as fresh, new skin is generated. During this time your skin will feel very dry and like sandpaper before flaking and peeling off. Keep your skin well moisturized to support healing during this process.

If you have any questions or concerns, please call our office at 586-286-0997