

Pre and Post-Treatment Halo Instructions

Halo is a fractional laser that uses ablative and non-ablative technology to address a wide range of skin conditions. The laser ablates or vaporizes a fraction of the skin to a desired depth while allowing adjacent untreated tissue to promote healing and collagen remodeling. The collagen remodeling results in a more radiant and youthful appearance of the skin. Fractional laser therapy reduces the signs of aging and skin defects with minimal recovery time.

Pre-Treatment Instructions:

1. Avoid tanning, excessive sun exposure, and self- tanners 2 weeks prior to laser treatment.
2. If you are taking Retin-A, Renova, Retinols, or Tretinoin, **stop** usage two weeks prior to treatment.
3. Inform us of any personal history or tendency to develop cold sores or blisters. If this is the case, you may be prescribed an anti-viral, such as Valtrex, 1 week prior to your laser treatment.
4. You may be prescribed a topical anesthetic to apply 1 hour prior to your treatment. You may apply this cream at home or you may arrive 1 hour early to apply it in the office.
5. Avoid having dermal filler injected 1-2 months pre and post laser treatment.

Post-Treatment Instructions:

1. Burning, redness, and warmth are all normal sensations following Halo laser treatment. The discomfort generally lasts 1-2 hours after the procedure.
2. Cool compresses applied for 20 minutes at a time will help alleviate any discomfort.
3. Ibuprofen or Tylenol can be taken to ease any post procedural pain.
4. Brown patches/spots will temporarily appear darker and more noticeable over the next 2-3 days. The dark areas will feel scaly and flake off over the next 1-2 weeks. **DO NOT** pick at these area, as it may cause scarring.
5. Moisturize 3-4 times a day with a bland cream. We suggest products such as Cerave, Neutrogena, or Aveeno.
6. Avoid Retin-A, retinols, salicylic Acid, and glycolic acids for 2 weeks post procedure.
7. Make-up products may be used 48 hours after your laser treatment unless blisters area present.
8. Occasionally, facial swelling may occur especially around the eyes. The swelling should resolve in roughly 1-2 days. Sleeping in a semi reclined position for the first 2 nights after laser therapy will help minimize swelling.
9. Avoid sun exposure for 2 weeks post procedure, and prolonged sun exposure for 4 weeks. After the first 48 hours, sunscreen should be applied with SPF of 50+.

If you have any questions or concerns, please contact our office at 216.778.4450