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Care Before and After Halo Laser

This page contains answers to frequently asked questions regarding your care after IPL laser treatment. This information sheet will help you to remember the instructions given to you after laser treatment.

What is the goal of Halo laser treatment? 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. Collagen remodeling will result in a more radiant and youthful appearance of the skin.

What do I need to do to prepare for Halo laser treatments? ***Two weeks prior*** to laser treatment: Avoid tanning, excessive sun exposure, and self-tanners. Tanned skin increases the risk of permanent skin discoloration or hyperpigmentation/skin darkening. ***Stop Retin-A, Renova, Tretinoin, and Retinols. One day prior:*** to laser treatment: take Valtrex as directed to prevent cold sore or blister formation.

Will Halo laser therapy be painful? ***Arrive 30-45 minutes early*** for your appointment to apply topical anesthetic prior to your laser procedure.

What will I see when I look in the mirror? Your skin will have an appearance ranging from pink to red. Brown patches/spots will temporarily appear darker and more noticeable over the next 2-3 days and flake off over the next 1-2 weeks. You may have noticeable dryness and flaking over the next week. This is normal. ***Do not pick*** or peel your dry skin. Moisturize often. Occasionally, facial swelling may occur especially around the eyes. The swelling should resolve in 1-2 days.

How will my face feel? In general your face may feel mildly warm, tight, dry, and sometimes itchy. Burning, redness, and warmth are all normal sensations following Halo laser treatment. You can take Tylenol for any discomfort. Cool, damp cloths work well to minimize discomfort.

How do I care for my skin after laser therapy? You will apply Aquaphor to your full face for 1 day and then you may use your daily moisturizer. Reapply moisturizing creams 4-6 times a day to keep your skin from drying out.

When can I shower? You may shower the same day and use a mild soap and water as normal.

When can I wear make-up? In general, you can wear make- up the next day.

What restrictions do I have after laser therapy? No direct sunlight for 2 weeks and no prolonged sun exposure for 4 weeks following Halo laser. Use sunscreen with an SPF of 30-50+. Avoid Retin-A, Retinols, Salicylic Acids, and Glycolic Acids for 2 weeks post procedure.
When can I return to work? You may return to work the next day. You may still have redness and peeling but may use moisturizer and make-up to cover.

Do not hesitate to call the office at 216-778-2262 for any questions, problems or concerns.