

## TREATMENT INSTRUCTIONS FOR HALO HYBRID FRACTIONAL LASER

### Pre-Treatment Instructions

- If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment
- If you have a history of melasma or increased pigment after skin injury or skin acne, please inform your provider. Your physician will write a prescription to minimize the chance that you will develop increased pigments
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or possible skin infection in the treatment area
- DO NOT use Retin-A, Retinoids and/or Vitamin A Compounds products one week prior to treatment
- Prior to your treatment
  - Your provider has prescribed medication to minimize downtime
  - Apply numbing cream 60 minutes prior to your treatment and then reapply again 30 minutes prior to treatment

### What to Expect:

- Swelling (Edema) is common and expected immediately after treatment.
  - Taking pre-treatment medication as prescribed will minimize swelling
  - Should you experience swelling, gently apply a cold compress to the treated skin.
  - To avoid swelling, you may choose to sleep in a propped-up position for the first 2-3 nights after your treatment
  - Swelling may last 2-4 days and will be most prevalent in the mornings
- Warm Skin is common and expected for 1-2 hours after treatment and may continue for 24 hours
  - Gently apply cold compresses to the treatment area for relief
  - Mineral water spray can also provide some relief and much needed moisture to the skin
- Pinpoint Bleeding is normal and may occur after treatment
  - Pinpoint bleeding may last anywhere from 2 – 12 hours post treatment
  - If pinpoint bleeding occurs, dab the area lightly with damp gauze
- Redness is normal, expected and represents healing, collagen stimulation and a beneficial response
  - Redness 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 intensity of the treatment
  - Use gentle cleansers and keep your skin moisturized
  - Use SUNSCREEN and stay out of the sun for at least two weeks
- MENDs (microscopic epidermal necrotic debris) will appear on the 2<sup>nd</sup> or 3<sup>rd</sup> day after treatment
  - MENDs are part of the healing process where tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off
  - Keep your skin well moisturized to support the healing process
  - **Do NOT pick or peel skin**
- **If you experience excessive swelling or any of the following signs of infection, contact our office immediately**
  - Drainage that resembles yellow pus
  - Increased warmth at or around the treated area
  - Fever
  - Extreme itching
  - **If our office is closed, call the after-hours emergency number provided at your appointment**



### TREATMENT INSTRUCTIONS FOR HALO LASER (continued)

#### Post-Treatment Instructions:

- A post-treatment product kit will be provided to you for post care at the time of your treatment
  - The moisturizer and priming oil should be applied generously with clean hands over the treated area. Reapply generously and often
  - Sunscreen is a MUST and should be used daily beginning the day after your treatment and used consistently thereafter. Use sunscreen with Broadband UVA and UVB protection and a SPF of at least 30 (provided)
  - Gentle cleanser to use on treated skin beginning the morning after your initial treatment
- Do NOT apply any other products that were not instructed by your provider. Example: essential oils, coconut oil,
- For general post treatment discomfort, an over-the-counter oral pain relief, such as Extra Strength Tylenol, may be used.
- An anti-viral medication was prescribed for you to take as directed
- Avoid scratching and itching as scarring and pigmentation can occur. Itching can be relieved by taking oral Benadryl, Claritin, Allegra, or another form of oral antihistamine
- Cleansing & Showering
  - Beginning the morning after treatment, cleanse the treated skin two times a day with plain, lukewarm water and the gentle cleanser provided in your post-treatment kit
  - To wash your skin, use your hands to cleanse with a gentle patting motion
  - When showering, avoid getting shampoo directly on the treated area.
  - Do NOT rub, scrub, or use an exfoliant or skin care brush on the treated area for a week or more after your laser session
- Other recommendations
  - Makeup can typically be worn once the peeling process is complete
  - Avoid Strenuous exercise and sweating until after the skin has healed
  - Wear a wide-brimmed hat for 2 months post treatment to avoid increased pigmentation

**Disclaimer: You are not a HALO candidate if you are pregnant, breastfeeding or have open sores in the treatment area**