HALO TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

- If you have any history of cold sores or fever blisters, it is recommended you pre-treat with Valtrex 500 mg twice daily starting two days prior to your treatment.
- If you have Melasma, we recommend pretreating with Hydroquinone for 4 weeks prior to treatment. Please discontinue 3 days before treatment.
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipohydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment. If you have any questions about your current skin care products, please call our office 856-988-8483
- Please show up to your treatment appointment with no makeup on.
- It is recommended to avoid direct sun exposure (including tanning beds) for at least 14 days prior to treatment, although Halo can safely treat tan skin. If you have a sunburn, please allow 7 days for it to heal prior to your treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- If your skin is dry/red/flaky you will need to reschedule your appointment. Providers cannot perform the treatment on sensitive or irritated skin.
- If you are on a prescribed blood thinner, please contact our office at 856-988-8483

POST-TREATMENT INSTRUCTIONS:

The Halo fractional treatment creates outcomes based on the aggressiveness of the treatment taking into account your skin concerns, the health of your skin and your individual healing ability. Due to this, patient response can vary after a Halo fractional treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment with day 3 being most intense. Redness can persist for up to 7 days depending on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time.
- Pinpoint bleeding may occur. This can last for a few hours - 12 hours depending on the treatment depth and may be isolated to certain treated areas.

- Immediately after treatment, your provider may apply a protective and healing serum (Alastin Nectar) or similar to the treated area. This should be reapplied twice daily or as directed to keep the skin moist, decrease redness and discomfort, and promote faster healing. If you elected to also have PRP (platelet rich plasma) added to your treatment, do not wash this for at least 12 hours. You may start using Alastin Nectar the following day.

- Swelling with occur for 2-3 days post treatment. To help avoid swelling, please sleep with 3-4 pillows to elevate your head.

- Antihistamines help with swelling and are safe to take post-procedure (i.e. Claritin, Allegra, Zrytec in the morning & Benadryl at night.)

- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. This is called the MENDS (microscopic epidermal necrotic debris). In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, the microscopic wounds, known as MENDS, contain large amounts of melanin. Because there are so many MENDS, they can make the skin look bronzed and small areas appear crusted (do not try to scratch them off). This is part of the healing process where treated 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 have a sandpaper texture and will begin to flake and peel. If the face is treated, it could take 7 days for the peeling process to be completed. If the neck, chest or anywhere on the body was treated, this process could take up to 2 weeks.

- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve. Your clinician will inform you and advise you of when make-up can be used and which kind.

- If an antiviral was prescribed for you, continue to take as directed.

- Post treatment discomfort may be relieved by over the counter oral pain relievers; i.e. Extra Strength Tylenol or prescribed pain medication if ordered by the doctor.

- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur.

- Immediately after treatment, your provider may apply an occlusive barrier e.g. Alastin Skin Nectar, Alastin Protect and Soothe Balm, Elta MD or another provider approved cream to the treated area and should be reapplied as needed to keep the skin moist. The use of a moisturizer with petroleum may be suited for individuals who receive more graduated coverage while the cream may be sufficient on less aggressive treatments.

- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, use an exfoliant or a skin care brush in the treated area. Doing so could result in scarring and pigmentation complications.

- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION! Gently washing the skin more frequently will help to promote the peeling process.

- Sunscreen is a MUST and should be used daily beginning the day after your treatment (using Elta MD or similar) and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 30. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypopigmentation can / will occur. Sun exposure should be avoided for 2 months post treatment.

- Your provider may recommend restarting retinol products on day 3 or 4 once any initial irritation has resolved. Retinols help promote skin cell turnover and renewal.

- Typically, after the peeling process is complete, make up can be worn.

- When showering in the next few days, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.

- Avoid strenuous exercise and sweating until after skin has healed. Exercise may be able to be resumed at 48 hours if there's no significant swelling. We recommend against high intensity or hot activities for at least 72 hours.

WARNING:

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching