

HALO Instructions

HALO is a fractionated laser that uses hybrid technology (1470 nm non-ablative laser and 2940 nm ablative laser) that creates controlled zones of coagulation to chosen depths into the dermis, which stimulates neocollagenesis and fractionally vaporizes (ablates) channels in the epidermis, thereby addressing tone and texture of the skin. (For Halo non-ablative laser only, it does not vaporize the skin.)

HALO creates outcomes based on the aggressiveness of the treatment, taking into consideration your skin concerns, the health of your skin, and your individual healing ability. Because of this, patient response can vary after a HALO treatment. Erythema (redness) and 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.

After Treatment

- Redness is *normal and expected*. Redness generally peaks within 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 your treatment.
- Pinpoint bleeding may occur. This can last up to 12 hours, depending on the treatment depth, and may be isolated to certain treated areas.
- Swelling is common and expected. Use of a cold compress or ice pack will help relieve the swelling. Sleeping in an upright position the first night after the treatment may help to reduce this. Swelling is most prevalent the morning following treatment, especially under the eyes. Swelling may last 2-4 days, depending on the aggressiveness of your treatment.
- The treated area may be extremely warm for 12-24 hours following treatment. Cold compresses or ice packs may provide comfort.
- You will increasingly notice tiny dark spots and bronzed appearance to the treated skin 2-3 days following treatment. 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 fresh, new skin is regenerated. During this time your skin will be very dry, have a sandpaper texture, and will begin to flake and peel. If the face is treated, it could take 5-7 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 and advise you regarding make-up use.
- If an antiviral was prescribed for you, continue to take as directed.
- Post-treatment discomfort may be relieved by over the counter oral pain medication (Extra Strength Tylenol or prescribed pain medication if ordered by the doctor).
- Itching is common and expected during the healing process. Benadryl may help itching but can cause drowsiness. DO NOT scratch the treated area, as scarring and pigmentation complications can occur.
- Keep your skin moist with Aquaphor. It should be reapplied as needed whenever your skin feels dry.
- Cleanse the skin twice per day with plain, lukewarm water and a gentle cleanser (Cetaphil) beginning the morning after treatment. Use your hands to gently apply the cleanser and finish by patting dry with a soft cloth. DO NOT rub, scrub, or use an exfoliant or a skin care brush (Clarisonic) 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 EXFOLIATE ANY SKIN DURING THE HEALING PROCESS.

THIS CAN 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 of treatment, 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 the treated area is exposed to sun (direct or indirect), blistering, scarring, hyperpigmentation, or hypo-pigmentation can / will occur. Sun exposure should be avoided for 2 weeks post treatment.
- Make-up can be worn once you are "peeled and healed."
- Avoid shampoo directly on the treated area when showering.
- Avoid strenuous exercise and sweating until skin is healed.