Halo Post Care 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.

IMMEDIATELY FOLLOWING TREATMENT:

- **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.
- **Pinpoint Bleeding** may occur. This can last for a few hours to 12 hours depending on the treatment depth and may be isolated to certain treated areas.
- Immediately after treatment, **swelling** is common and expected.
  - Use of a cold compress or ice packs will help to relieve the swelling.
  - To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
  - The first morning post treatment is when swelling is more prevalent, especially under the eyes.
  - Swelling may last 2-4 days depending on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment. **Soaks / Cold Compresses** or ice packs may provide comfort during this time.
- **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 provider.

SOAKS: **1st day through full healing process (as needed)**

Depending on depth of the Halo Treatment, you might experience warmth, and/or burning or stinging for the first few days to a week. **Cool water will help to reduce swelling and discomfort.**

- Starting on the first day, soak/compress the treated areas with Bounty paper towels, saturated in cool water.
- Soak every 2 to 4 hours for 20 to 25 minutes at a time.
- The water may be at room temperature or refrigerated - whichever you prefer.
- Important: Soak off crusts and scabs. Don’t pick them!
- After soaking, apply a generous layer of Elta Laser Post Procedure Balm or Avène Cicalfate Cream to the lasered area. This will keep the skin moist, promote healing, and prevent the skin from drying out.

DAY 2 FOLLOWING TREATMENT:

- 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 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.

Please see reverse side of page.
After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve. Your provider will inform you and advise you of when makeup can be used and which kind.

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

Post treatment discomfort may continue to 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.

**POST TREATMENT SKIN CARE:**

- **Immediately after treatment**, an occlusive barrier (i.e. Elta MD Laser Balm or Avène Cicalfate Cream) may be applied 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.

- **If experiencing warmth, and/or burning or stinging of the treated areas**, soak/compress the treated areas with Bounty paper towels, saturated in cool water. Soak every 2 to 4 hours for 20 to 25 minutes at a time. See above listed instructions under “SOAKS” section.

- **Beginning the morning after the treatment**, cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; e.g. Avène Clean-Ac Cleanser. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. **IMPORTANT: DO NOT RUB, SCRUB, USE AN EXFOLIANT OR A SKIN CARE BRUSH** e.g. Clarisonic in the treated area. Doing so could result in scarring and pigmentation complications.

- **Moisturizer** should be applied generously over treated area and reapplied whenever your skin feels dry. For severe dryness, add Elta MD or Aquaphor on top of your moisturizer or mix it in with it.

- **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.

- 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.

- **Starting the day of treatment**, sunscreen is a MUST and should be used daily and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broad-spectrum protection (UVA and UVB) and a sun protection factor (SPF) of 30 or higher. 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 hypo-pigmentation can/will occur. Sun exposure should be avoided for 2 months post treatment.

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

- Avoid strenuous exercise and sweating until after skin has healed (up to 5 days or more).

- **If the use of a retinoid and/or bleach cream treatment has been prescribed**, begin using the medication(s) as advised by your provider to minimize browning of the skin.

**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
- Cold sore outbreaks.

*If you have any questions or concerns, please contact our office at 520.795.7729.*

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