

PIMA DERMATOLOGY

ADULT / PEDIATRIC / COSMETIC / LASER & SKIN SURGERY

SCITON® HALO PRE & POST CARE INSTRUCTIONS

PRIOR TO TREATMENT

1. Prior to treatment, you should inform your provider if you have a history of Perioral Herpes (cold sores) so an antiviral may be prescribed.
2. Avoid having dermal fillers injected 1-2 months prior to and after procedure.
3. Avoid waxing, facials, electrolysis, threading, extensive sun exposure or any laser treatments one week prior to procedure.
4. Stop all topicals, with the exception of a plain moisturizer, gentle cleanser and sunscreen three days prior to procedure.
5. If using aspirin or blood thinners, please discuss prior to procedure.

DAY OF TREATMENT

1. Apply prescribed topical numbing one hour prior to procedure to clean dry face. You will wear topical numbing to the office.
2. You may take Benadryl one hour prior to procedure and for the first three days to control swelling. If your provider feels you should use something stronger, you will receive a prescription.
3. Immediately after treatment, swelling and redness are common and expected. You will be sent home with ice packs and Avène Cicalfate Cream.
4. For the first 5-7 days after the procedure, you should compress with cool water for up to 15 minutes, then apply Avène Cicalfate Cream. This should be done for a minimum of three times a day or as often as needed. Your provider may also recommend Avène Mineral Spring Water to use in-between compressing.
5. If you have a history of Perioral Herpes (cold sores), take the prescribed medication _____: _____ tablets _____ a day.
6. For the first 24-48 hours, sleep with head elevated (at least two pillows) to avoid further swelling.

POST TREATMENT SKIN CARE:

1. You may wash your face with a gentle cleanser and cool water.
2. Avoid strenuous exercise and sweating until after skin has healed (up to 5 days or more). If you walk, it should be early AM or PM.
3. Avoid cleansing devices/brushes (i.e., Clarisonic) for 10 days and/or any exfoliating scrubs or topical products.
4. Do not resume your normal skin care routine until instructed by your provider.
5. Use sunscreen as recommended by your provider, starting the day after treatment.
6. If applicable, typically after the peeling process is complete, makeup can be worn.

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