



THE AESTHETIC CENTER

HALO™ Fractional Laser Treatment Pre and Post Treatment Instructions

Please read these instructions thoroughly prior to your treatment

The Sciton HALO® Laser is a fractionated laser that uses hybrid technology of 1470 nm non-ablative laser and 2940 nm ablative laser to create controlled zones of coagulation to chosen depths into the dermis that stimulate neocollagenesis and fractionally vaporize (ablate) micro laser channels in the epidermis addressing tone and texture of the skin. In more simple terms, the laser removes microscopic channels of skin and then heats skin below to build new collagen, improve skin texture, and reduce uneven pigmentation.

The Halo fractional treatment is customizable. It creates outcomes based on the strength 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.

Proper care of your treated skin will promote healing and prevent complications, such as infection and pigment changes.

You will be provided with a post treatment kit the day of your procedure; however, there are a few additional items you will need to obtain prior to your treatment.

Please obtain these items prior to your procedure:

- **Antiviral medication (sent to your pharmacy 1 week prior to your treatment)**
- **Any other medications or skin treatments recommended by your provider**
- **Distilled water**
- **Paper towels (Viva are great)**
- **Small bags of frozen peas (if you are receiving treatment on your neck, chest or hands)**
- **Mini fan (optional but helpful)**

Preparation

1 Month Before Treatment

- Avoid sun exposure, tanning beds, tanning sprays and creams. Wear sunglasses, a hat and SPF 40+ on your face daily.
- If your provider recommended a pigment reducing cream, begin using it now.

1 Week Before Treatment

- Stop facial exfoliating products including scrubs, AHA's (glycolic acid), and BHA's (salicylic acid). Stop using products containing retinols.
- Your provider will prescribe you an antiviral to begin 3 days before your treatment. If this prescription was not called in, **please contact us at 804-287-2022** so that we may call the prescription in.
- To reduce bruising, you may want to stop all non-prescription blood thinners 7 days before the treatment. This includes Ibuprofen, Naproxen, Fish oil, Flaxseed oil, Vitamin E and Aspirin taken for general health (if you were asked to take Aspirin due to a health condition, please notify your laser provider).

3 Days Prior to Treatment

- Please take your first dose of antiviral medication
- Please ensure you have obtained all necessary items for treatment

Day of Treatment

- You may wish to take Tylenol 500-1000mg prior to your laser treatment. Do not take Ibuprofen, Aleve, or other NSAIDs.
- Some patients report having less itching and swelling if they take oral Allegra or Zyrtec (seasonal allergy medications) prior to treatment and continue it for the first few days after their treatment.
- Please eat breakfast/lunch and drink water prior to your visit.
- Please arrive to your appointment with your face **clean** and free of makeup, lotion, sunscreen.
- Please wear loose fitting clothes (preferable a button down shirt if you are having your neck or chest treated).

During HALO Treatment

Be sure to notify your provider if there have been any changes to your health or medications since your last visit.

Topical numbing will be applied prior to your treatment at our facility.

After approximately 60 minutes, the numbing cream is removed. We will ask you to wash your face to remove any traces of numbing cream. Your provider will then cleanse your skin to prepare it for treatment.

The HALO® Laser treatment takes approximately 30-60 minutes depending on the treatment settings and size of the areas being treated. During your treatment, it is normal to experience a hot or prickling sensation. The room will be somewhat loud due to the laser engine and our cooling machine. We have ear plugs available for your comfort. Some patients prefer to wear their own ear buds during treatment. Your comfort is maintained by the numbing cream and cool air. If you are experiencing a level of discomfort during the treatment that is not manageable, please notify your provider immediately.

Your provider will give you a post-procedure care kit that includes:

- Cetaphil Gentle Skin Cleanser
- Cetaphil Moisturizing Lotion
- Elta MD UV Physical Sunscreen
- Hydrating biocellulose mask for comfort immediately after your treatment
- An ice pack specifically designed for facial laser treatments

After Care Instructions and What To Expect

- Immediately after treatment, pinpoint bleeding may occur. This may only last an hour but can last a few hours depending on the treatment depth and may be isolated to certain treated areas.
- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment with day 3 being most intense. Some amount of redness can persist for up to 7 days depending on the settings used during your treatment.
- Most people report a significant burning sensation on the treated skin after the procedure that lasts approximately 2-3 hours. This is completely normal and will resolve. Although we will provide you with comfort measures immediately following the treatment, you may want to bring a driver.
- Again, the treated area may feel very hot or sunburned for approximately 2-3 hours after your treatment. The biocellulose mask, face-shaped ice pack, and personal fan can be very helpful at this time. DO NOT put ice directly on the skin. Ice packs should be placed on top of the biocellulose mask or clean paper towels moistened with distilled water. If needed, the biocellulose mask can be remoistened with distilled water for reuse over the first three hours after treatment. A personal fan blowing over the biocellulose mask or moistened paper towels can provide additional comfort. The most significant sunburn sensation typically resolves after a few hours and any remaining warmth is typically mild.
- Immediately after treatment, swelling is common and expected, particularly under the eyes. Use of icepacks (as described above) can help reduce swelling. To avoid further swelling, you may choose to sleep in an upright position the first few nights after the treatment and avoid salty foods. Swelling may last 2-4 days depending on the strength of the treatment.

- Post treatment discomfort may be relieved by over-the-counter oral pain relievers; i.e. Extra Strength Tylenol.
- Please apply the gentle moisturizer 2 hours after your procedure. Please only use the moisturizer provided in your post treatment kit. It is normal if it stings or burns for a few minutes after application. This should only last for a short amount of time. You may use vasaline if your skin is feeling dry.
- Keep pets and young children away from your face to avoid risk of infection.
- The morning after your treatment, you should wash your face with the gentle cleanser and tap water (if you have well water, please wash with the distilled water). Gently pat dry. Apply the gentle moisturizer with clean hands. Do not use any other skincare products on the treated areas. You should continue to wash and moisturize your face morning and night. You may apply additional moisturizer throughout the day as needed. Do not let the treated areas become dry. If you find the skin is dry even with moisturizer you may apply Vasaline (not Aquaphor) for a few days. We don't recommend prolonged use of Vasaline as it may cause acne or milia.
- Sunscreen is a **MUST** and should be used daily beginning the **day after treatment** and used vigilantly for up to 3 months post procedure. Use Elta MD Physical (included in your post care kit). 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 occur. **Sun exposure should be avoided for 2 months post 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 exfoliate the skin, do not use a Clarisonic Cleanser, 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. After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.
- Itching may be experienced during the healing phase and is completely normal. Oral Zyrtec or Allegra can help alleviate the itching. Oral Benadryl may help itching but can cause drowsiness. **DO NOT scratch the treated area as scarring and pigmentation complications can occur. Do not apply steroid creams to the treated area as this can cause infection.**
- Your clinician will inform you and advise you of when make-up can be used and which kind.

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 at 804-287-2022.

Signs of infection include:

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

Patient signature:

Date

Patient ID#

Witness
