



Halo Laser Treatment

Physicians have used lasers for many years. There are many different methods for the surgical use of lasers. The Halo Laser is a fractionated laser that uses hybrid technology of 1470nm non ablative laser and 2940nm 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. For use of Halo non ablative laser only, it does not vaporize the skin. The Halo 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 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.

Post treatment

- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment with day 3 being the 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 – 12 hours depending on the treatment depth and may be isolated to certain treatment 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 treatment area may be extremely warm for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time.
- 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.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve. Your therapist 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.
- Itching may be experienced during the healing phase and is completely normal. **DO NOT scratch the treated area as scarring and pigmentation complications can occur**.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, e.g. Obagi Gentle Cleanser, beginning the morning after treatment. Use your hands to gently apply the cleanser and water

and finish by patting dry with a soft cloth. **DO NOT rub, scrub or use an exfoliant or a skin care brush.** Doing so could result in scarring and pigmentation complications.

- **Moisturizer should be applied generously over the treated area and reapplied whenever your skin feels dry.** Your therapist will advise you on the best post treatment cream to use.
- 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.
- Avoid Retinol/ Tretinoin products for 4 weeks post procedure. Skin needs time to regenerate and heal.
- AHA's and BHA's can be reintroduced 10 days post procedure, e.g. Clenziderm, Complexion Pads, Bright and Clear Solution. Discontinue any actives if irritation occurs.
- **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 treatment 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.
- Typically after the peeling process is complete, make up can be worn. Usually a mineral make up may be used 72 hours post treatment.
- When showering in the next few days, be sure to avoid getting shampoo directly in 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 the skin has healed.
- Collagen will continue to remodel for weeks after your treatment. Texture, tone, fine lines, wrinkles and dullness will dramatically improve. Your therapist will be in touch regularly to support and follow your recovery. Enjoy your HALO glow!

***Warning**

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

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

Patient signature _____

Date _____