

## **Pre & Post Treatment Instructions**

### **Halo Fractional Laser Treatment**

Physicians have used lasers for many years. There are many different methods for the surgical use of lasers. The HaloPro 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. For use of Halo non-ablative laser only, it does not vaporize the skin.

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.

#### **Pre Treatment:**

- It is recommended that all patients having resurfacing treatments done around the mouth have an oral antiviral agent to prevent any cold sore virus getting into the treated areas. Valtrex 500 mg twice a day to start 1 day before treatment and continue on for 5 days post treatment (7 days total).
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment. If you have any questions about your current skin care products, please call our office 403-571-3141.
- Please show up to your treatment appointment with no makeup on.
- Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment. If you are on a prescribed blood thinner, please contact our office at 403-571-3141.
- Please bring a wide brimmed hat with you on your treatment day to protect your skin when you leave the office.

#### **What to expect after 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 7-10 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for up 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. Cold compresses or ice packs may provide comfort during this time.
- On the 2<sup>nd</sup> or 3<sup>rd</sup> 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.
- Post treatment discomfort may be relieved by over the counter oral pain relievers; i.e. Extra Strength Tylenol.
- 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.
- After skin is healed, your skin will continue to build new collagen for up to 2-3 months. It is important to be on a skin care regime to maintain healthy skin and optimal results. Your treatment provided will discuss this with you.

### **Post Care**

- All products mentioned in these instructions will be provided to you in your post treatment kit.
- You may shower the day following your treatment. When showering in the next few days, please be sure to avoid getting shampoo directly on the treated area. You may consider taking a shower with the back of your head to the water to avoid directly hitting your face with a full force stream of water. Alternatively, you may wish to have baths instead.
- Beginning the morning after your treatment, cleanse the skin with plain, lukewarm water and Cetaphil. Ensure you wash your hands well before touching your face. Use your hands to gently apply the cleanser and water and finish by patting dry with a clean soft cloth. 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. You will cleanse your skin with Cetaphil twice a day, once in the morning and once in the evening.
- After cleansing in the morning, apply 4-6 drops of CE Ferulic Serum by SkinCeuticals to your skin – this may sting but is safe to use. CE Ferulic after a laser treatment is very well tolerated and will enhance your results. Not only will it help with some swelling, it also decreases redness and downtime. You do not need to apply CE Ferulic in the evening.
- Your moisturizer (Epidermal Repair by SkinCeuticals) should be applied generously over the treated area immediately after CE Ferulic and reapplied whenever your skin feels dry. For severe dryness, we have included a small container of Aquaphor, which is an occlusive barrier, to apply if you feel you need the added moisture. You may use the Aquaphor on top of Epidermal Repair or mix it in with it, otherwise, just use the Epidermal Repair.
- For added cooling and comfort you can use the Bio Cellulose Mask provided in your post treatment kit. Follow the instructions on the back of the packet. After the Mask, ensure your skin does not dry out; apply more Epidermal Repair, if needed.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. Peeling can continue for 3-5 days post treatment. 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.
- 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 recommended mineral sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of at least 30. Do not use a chemical sunscreen. The SPF provided in your post treatment kit is ideal and what we recommend for daily use (Physical Fusion by SkinCeuticals SPF 50). 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.
- 2 days after your treatment, you are safe to use medically approved makeup such as GloMinerals (available at our office) if you really feel the need to. If possible, please wait until after the peeling process to apply makeup (5-7 days post treatment). Please ensure any makeup brushes you use are properly cleansed.
- Avoid strenuous activity and sweating until skin has healed (5-7 days).

- Ensure your hair is kept back and out of your face at all times during the healing process.
- Continue to avoid skin irritants (ie. Retinol, Retin-A, Tretinoin, Vitamin A, Glycolic Acid, Salicylic Acid, AHAs, LHAs, and Benzoyl Peroxide) for one month after your treatment.
- For men – do not shave the treated area for 5 days after the treatment.
- Once your skin is completely healed (around 7 days), you may discontinue the use of Epidermal Repair and return to your normal skin care regime (except for the use of any exfoliants for 1 month). Should you require a recommendation for a daily moisturizer, please let us know and we can assist you.

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

Patient's Name (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_