

#BeBetterNow

Halo™ Fractional Laser Treatment

The Halo™ is a fractionated laser treatment that uses hybrid technology combining non-ablative with ablative Erbium properties to stimulate new collagen formation and address the tone and texture of 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. Patient response can vary after a Halo fractional treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after 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:

Sun exposure

Please avoid sun exposure for a minimum of 4 weeks prior to your treatment and for 3 months after treatment to avoid permanent darkening of the skin, blistering, and potential scarring. While outdoors, you **MUST** wear a minimum of SPF 30 and reapply every 2 hours when in the sun.

Numbing Cream

Topical anesthetic will be provided by your clinician at your consultation. Please apply a thick layer to freshly cleansed skin in the treatment area one hour prior to your appointment time.

Medications

An antiviral medication will be sent to your pharmacy. Start **Acyclovir** 800 mg twice daily, take as directed on the prescription until completed. Ablative laser treatments can cause severe herpes recurrences.

Start an over-the-counter antihistamine such as **Zyrtec** (or another non-drowsy 24-hour antihistamine such as **Claritin** or **Allegra**) 48 hours before your treatment. Continue this through day 7 post-treatment or longer if you continue to have itching while the skin heals.

Skin Care

Please stop all retinol (i.e. Refissa or Retin-A) and hydroquinone products 24 hours prior to treatment. You may resume 5-7 days after treatment depending on how sensitive your skin feels.

Wear sunscreen daily for 2 weeks before your procedure.

Shaving

Please shave any hair in the area to be treated on the morning of your appointment.

Day of treatment:

Redness

Redness is normal and expected. Redness generally increases during the first few days

after treatment with day 3 being most intense. Redness can persist for up to 14 days.

Pinpoint bleeding may occur. This can last for a few hours depending on the treatment depth and may be isolated to certain treated areas.

Swelling

Immediately after treatment swelling is common and expected. Use of a cold compress may help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.

Warmth

The treated area may feel warm for 12-24 hours after the treatment. Cold compresses may provide comfort during this time.

Skin care

Immediately after treatment, your provider will apply a protective skin ointment.

We recommend a daily moisturizer to be used 2-3 hours after treatment. This will help with skin sensitivity. The moisturizer should be applied a minimum of twice daily for two weeks after your treatment. You can apply it as many times a day as you like to help with sensitivity. We recommend **SkinMedica Restorative Ointment** 3 times a day for the first 3 days post treatment.

You may wash your face the night of your treatment with **SkinMedica Facial Cleanser** or a gentle facial cleanser.

Wear sunscreen daily for three months after treatment.

Days following your treatment:

What to expect

On the 2nd or 3rd day after treatment, you will notice tiny dark spots and bronzed appearance to the treated skin. These spots are referred to as MENDS (microscopic epidermal necrotic debris). Because there are so many MENDS, they can make the skin look bronzed and small areas may become crusted (do not pick or scratch these). This is part of the healing process. 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 may have a sandpaper texture. It will begin to flake and peel. The face takes 5-7 days for the peeling process to be completed. If the neck, chest or anywhere on the body was treated, this process can take up to 2 weeks.

After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.

Showering

You may resume showering the day after your procedure. Keep the water lukewarm & avoid hot water or high pressure on treated areas until fully healed.

Peeling

Peeling and flaking generally occur within 24 hours after 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 this natural peeling process.

Sun Exposure

Avoid sun exposure for three months following Halo procedures to prevent hyperpigmentation (permanent darkening of the skin).

SkinMedica Essential Defense SPF 35 should be used vigilantly after treatment. A

minimum sun block of SPF 30 is recommended. It should be reapplied every 2 hours while in the sun, and more frequently if sweating or in water. A hat should be worn at all times while outdoors if treating the face.

Make-up

You may resume wearing mineral makeup 48 hours after your procedure. Only use makeup approved by your provider. Over-the-counter makeup may clog the healing MENDS.

Medications

Take any prescribed medication as directed.

Post-treatment discomfort may be relieved by over-the-counter oral pain relievers (i.e. Extra Strength Tylenol or Ibuprofen) or prescribed pain medication if ordered by your provider.

Itching and swelling may be experienced during the healing phase and is completely normal. Continue taking your daily 24-hour antihistamine (Zyrtec, Claritin, or Allegra) until day 7 or longer if needed. You may add oral Benadryl at bedtime for breakthrough itching, but this may cause drowsiness. Do not scratch the treated area as scarring and pigmentation complications can occur.

Skin Care

You may resume your SkinMedica Post Care Kit.

1. Facial Cleanser of your choice.
2. Post Procedure Repair Complex 3 times a day for 3 days post treatment*
3. Restorative Ointment in the morning and at night. May use as needed throughout the day for extra moisturizing.
4. You may resume retinol/Refissa /Retin A and Hydroquinone after 5 days if sensitivity is completely resolved.

*or as directed by your physician or skin care provider

Exercise

Avoid strenuous exercise or excessive sweating for 48 hours after your treatment.

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

Emergency Contacts

Doctor Dorner is available twenty-four hours a day. If you are having problems, please call the office at 614-336-9000 and press one to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

Notes: