



Pre and Post Care Instructions for Halo Fractional Laser

Contact our office with any questions or concerns at 210-245-4050

Pre-Treatment Instructions

- Avoid excessive sun exposure for a period of 2 weeks before treatment
- Avoid Dermal Fillers and Botox 2 weeks before and 2 weeks after treatment
- Stop all skin resurfacing products 3 days before treatment unless otherwise instructed by your provider or aesthetician
 - Ex: Retin-A, retinol, differin, tazorac, glycolic acid, harsh scrubs or exfoliating products, bleaching creams, etc.
- Please let us know if you have a history of cold sores, gold therapy, lupus or connective tissue disease or if you have any metal plates, rods, or screws near the areas to be treated
- Please give us a 24-hour notice if you need to cancel or reschedule your appointment to avoid any late cancellation fees
- You are not a candidate if you are pregnant, breastfeeding, or have active acne, rash, or infection within areas to be treated

What to Expect Post-Treatment

- Redness is normal and expected and generally increases in intensity the first few days after treatment with day 3 being 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 treated areas.
- Immediately after treatment, swelling is common and expected. 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.
- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel, this typically lasts 5-7 days on the face, but may last up to 2 weeks on other areas of the body.

Post-Treatment Instructions

- Non-steroidal, anti-inflammatory (NSAID) agents such as Ibuprofen or Tylenol are recommended for any discomfort/pain
- Sleep with your head elevated the first night to reduce swelling
 - Swelling may also be relieved with over the counter Benadryl
- Frequent application of a cold compress or ice packs will help to relieve swelling and cool the skin.
- **DO NOT USE SUNSCREEN THE DAY OF YOUR TREATMENT**
 - You should use a high-factor sunscreen of at least 30 SPF starting the day AFTER your treatment
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; e.g. Cetaphil, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a 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.
- Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry. For severe dryness, add Aquaphor on top of your moisturizer or mix it in with it.

- 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!
- Avoid strenuous exercise and sweating until after skin has healed.
- Avoid excessive sun exposure for 4 weeks after treatment. Reapply your sunscreen of SPF 30 or higher every 2 hours if you will be having incidental sun exposure such as driving, walking, etc.
- You can return to your normal skincare routine when your skin has fully healed (~7 days)

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