

## After Halo treatment instructions...

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, the patient response can vary after a Halo fractional treatment. Erythema (redness) and edema (swelling) are the desired responses that occur 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.

### **After Treatment:**

Redness generally increases in intensity the first few days after treatment with day 3 being the most intense. Redness can persist for 2 weeks or more depending on the aggressiveness of the treatment.

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

Swelling is common and expected. Swelling may last a few days or more depending on the aggressiveness of the treatment. The use of a cold compress can help relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. Swelling is more prevalent the first morning after treatment, especially under the eyes.

The treated area may feel extremely warm for 12 to 24 hours after the treatment. You may use Evian Natural Mineral Water Facial Spray, a mini handheld fan, a cool compress, and extra strength Tylenol as needed for comfort during this time.

Itching may be experienced during the healing phase and is completely normal. Do not scratch the treated area, this can and will result in scarring and pigmentation complications. Do not take antihistamines, such as Benadryl. Hydrating the skin can help relieve itching.

Avoid activities that cause excessive perspiration, swimming pools and spas with multiple chemicals and severe temperature changes, exfoliating, waxing, shaving, dermaplaning, and depilatory creams on the treated area for at least 1 month.

If an antiviral was prescribed for you, continue to take it as directed.

On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance on 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 to 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. This is when you may return to your normal skincare routine and wear makeup. It is important to discuss a skincare regimen with your practitioner for optimal results.

### **Home Care:**

When you get home after the treatment and the skin stops feeling hot and begins to feel dry, generously apply a hydrating moisturizer. You may reapply the moisturizer as frequently as needed to prevent the skin from drying. Do not wash your face on the day of treatment.

Beginning the morning after treatment, cleanse the skin twice a day with lukewarm water and a gentle cleanser. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Do not rub, scrub, or exfoliate the treated area, this can and will result in scarring and pigmentation complications.

After washing, generously apply a hydrating moisturizer over the treated area and reapply whenever your skin feels dry. Do not use occlusive creams or ointments, such as Aquaphor.

Peeling and flaking generally occur within 24 hours after treatment and should be allowed to come off naturally. Do not force off any skin during the healing process, this can and will result in scarring, pigmentation complications, and infection. Gently washing the skin more frequently will help to promote the peeling process.

Sun exposure should be avoided for 2 months after treatment. If the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation, or hypopigmentation can and will occur. If direct sun exposure is necessary, wear mineral sunblock, a wide-brimmed hat, and SPF protective clothing that covers the treated area. Mineral sunblock with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 30+ is a must after treatment. It should be used daily beginning the day after treatment and used vigilantly for up to 3 months after treatment. Apply sunblock 15 to 20 minutes before sun exposure and reapply every 2 hours. It is generally safer to protect your skin with a mineral sunblock formula rather than a chemical sunscreen during the skin healing process to prevent excessive heat to the treated area.

When showering in the next few days, be sure to avoid getting shampoo directly on 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.

If you have any of the following signs of infection, you should contact the office immediately. Signs of infection include purulent (pus) drainage, extreme warmth on or around the treated area, extreme swelling, extreme redness, extreme itching, and fever.

*Please call our office with any questions or concerns.*