



## Pre Halo Instructions

### Two Weeks prior to Halo:

1. Start HYDROQUINONE topical cream twice a day to area to be treated.
2. Pick up other prescriptions from your pharmacy.
3. Start vitamin C 1000 mg twice a day (morning and night) and collagen powder daily.
4. Avoid retinoid or retinol (tretinoin) products.
5. Avoid chemical peels.
6. Avoid waxing.
7. **Avoid sun exposure.**

**Optional Products to purchase:** You will be sent home with a small jar of moisturizing product and gentle cleanser that will be helpful in the first few days after your laser treatment. There are two other great products available for purchase that I LOVE together post Halo. **Alastin Skin Nectar** is a post laser moisturizer that calms the skin and enhances treatment outcome and reduces recovery time. Other products to consider are Revision Vitamin K for redness and Intellishades by Revision or Hydratint by Alastin for light coverage and good sunblock protection.

**If have a break out with cold sores, you will not be treated until they are completely healed. Please notify Avé and we will get you rescheduled.**

**Day of Halo:** Start Valtrex or acyclovir (antiviral) medication the morning of treatment.

If you have any questions regarding your upcoming treatment, please feel free to call our office at 712-224-3500.