



Post Instructions

Sciton HaloPro® Hybrid Laser Treatment

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 heating to chosen depths into the dermis that stimulate new collagen and vaporize (ablate) micro laser channels in the epidermis to improve tone and texture of the skin.

Your HaloPro® Laser treatment is customized to meet your skin rejuvenation goals. Depending on the depth of treatment, patient response will vary after a HaloPro® Laser treatment. **Redness and 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.

What to Expect Post 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 2-4 weeks depending on the aggressiveness of the treatment.
- **Pinpoint bleeding may occur.** This can last 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. Sleeping with the treated area elevated may help. Swelling, especially in the cheeks and under the eyes, may last up to 4 days depending on the aggressiveness of the treatment.
- **The treated area will feel hot and tender for 12-24 hours** after the treatment. Cold compresses or ice packs may provide comfort during this time.
- A few days after treatment, **you will notice tiny dark spots and bronzed appearance** to the treated skin. These spots are called MENDS (microscopic epidermal necrotic debris). The MENDS are 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. DO NOT EXFOLIATE OR PICK THESE.** The MENDS will flake off after 5-7 days on the face or 7-14 days on the neck and body. The neck will take longer to heal than the face and you will experience redness and dryness. We would recommend Nectifirm from our Revision Skin care line to use for a moisturizer post Halo neck. You can purchase that at Avé.
- After the peeling process is complete, your skin will have a **rosy, pink glow** that will gradually resolve.
- **The more aggressive the treatment, the more redness and swelling you will experience.**

Post Treatment Care:

Day of Treatment:

- Immediately following treatment, your skin may be left dry or a moisturizing product such as Elta, CeraVe, Biafine, or Alastin Skin Nectar will be applied to the face. You may continue reapplying as needed.

Day 1-2

- Cleanse with lukewarm water and a Gentle cleanser morning and night. Use your hands to gently apply the cleanser and finish by patting the skin dry with a soft cloth. **DO NOT rub, scrub, or use an exfoliator or a clarisonic on the treated area.**
- After your gentle cleanser, apply the POST CARE PRODUCTS: Alastin Skin Nectar, Alastin Ultra Moisturizer, Obaji Hydrate, Elta, CeraVe, or Biafine moisturizer generously to entire treated area.

Following Day 2

- Continue to use gentle cleanser and apply the moisturizer over treated area and reapply whenever your skin feels dry. Additional moisturizers are available for purchase if needed.
- Revision Soothing Facial Rinse, Alastin Skin Nectar, and Revision Vitamin K are available for purchase if you choose. These products can help calm redness post Halo and help with additional hydration.
- Peeling and flaking generally occur within 2 days 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 PROLONGED REDNESS, SCARRING, PIGMENTATION COMPLICATION, AND INFECTION!**
- **Sunscreen is a MUST** and should be used daily beginning the day of treatment and used vigilantly for up to 3 months post procedure.
- Make up can be worn one day after treatment. We recommend **Alastin Hydratint (SPF 35) or Revision tinted moisturizer (SPF 45)** or Oxygenetics.
- Avoid strenuous exercise and sweating until after skin has healed.

Medications

- Take vitamin C 1000 mg (morning & night) and collagen powder daily. Use of good antioxidants will help your skin to maintain and continue to rebuild collagen and elastin structure.
- Take **Valtrex or acyclovir** (to prevent cold sore breakout) as directed.
- If prescribed, take an **antibiotic** as directed. If you are prone to breakouts, we may place you on a 2-4 week course of **antibiotics**. You may experience some small whiteheads and blackheads as your skin purges.
- If prescribed, start **Hydroquinone 4%** cream 2 weeks prior to procedure and restart on day 5 after procedure until product is gone.
- You may use hydrocortisone cream sparingly on chest for itching.
- If you experience excess swelling that is very bothersome call us and we can call you in a prescription of **prednisone (ONLY IF NEEDED** for excess swelling. Generally, we like and expect moderate swelling for the first 3 or 4 days.)

Warning There will be 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