

IMMEDIATELY POST TREATMENT:

- Swelling and a feeling of warmth is common, expected and may be significant. This typically lasts 2-4 days but can persist up to one week. Redness is normal and expected for the first 2-3 days. Pinpoint bleeding and bruising may occur. This can last for up to 12 hours depending on the treatment depth and may be isolated to certain treated areas.
- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and texture (resembling sandpaper) and bronzed appearance to the treated skin. **DO NOT TRY TO SCRATCH THEM OFF.** This is part of the healing process where treated tissue works 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. It could take 5-7 days for this process to be completed. If areas of the body are treated, this process can take 4-6 weeks and may be less apparent than on the face. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION!** After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. **DO NOT SCRATCH** the treated area as scarring and pigmentation complications can occur.

TO HELP REDUCE SWELLING:

- You may use Tylenol for significant discomfort. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may sleep on an extra pillow tonight. The first morning post-treatment is when swelling is more prevalent, especially under the eyes. **SWELLING MAY BE SIGNIFICANT** and can last several days– this is normal.
- Avoid strenuous exercise and sweating until your skin is healed.
- Combining HALO and BBL treatments can prolong swelling.

SKIN CARE:

- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser (e.g. CeraVe) 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** scrub with a washcloth, rub, exfoliate or use a skincare brush (e.g. Clarisonic) in the treated area. Do not shave your face until it is healed, but you may use a trimmer.

- Moisturizer should be applied generously over the treated area and reapplied whenever your skin feels dry. For severe dryness, add CeraVe, Vanicream or EltaMD on top of your moisturizer or mix it in with it. You may also experience a breakout as your skin is healing.
- If you develop a blister after treatment, keep it moist with Vaseline or Aquaphor, and do not pick at or pop it. This can be a normal part of healing. Please let us know if it is severe.
- Sunscreen is a MUST and should be used daily beginning the day of treatment and used vigilantly for at least 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 30. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypopigmentation can/will occur. Sun exposure should be avoided for at least 1 month post treatment.
- Sleep on a clean pillowcase tonight, use clean hands to wash your face. Drink a lot of water after HALO treatment. Try to avoid makeup until the peeling/flaking process is complete.
- Limit chlorine exposure until all pigment has flaked off the body by itself. Do NOT scrub or pick this pigment. Avoid hot or cold temperature extremes, heavy exercise, spicy food, alcohol, cigarettes, and limit caffeine after treatment as these can cause vessels to return.
- If you have been instructed to do so, resume hydroquinone per provider specifications after Halo. Typically, we have patients resume one week post treatment can continue hydroquinone application twice daily for 8 weeks, then stop for 8 weeks.

FOLLOW UP:

- We recommend waiting 2 weeks after your procedure to have any further facial cosmetic procedures including Botox, dermal fillers, microneedling, etc.
- HALO treatments can trigger breakouts over the next two weeks. This is normal, let us know if breakouts are severe.
- Best results from HALO come from at least 2 treatments 4-6 weeks apart, followed by maintenance treatments 2 times/year.

For questions during our business hours of 8 am - 5 pm, please call:

Medical Assistant: 406.587.4432 ext. 2
