

Halo™ Fractional Laser Post Care Instructions

Halo™ fractional treatment outcomes are based on the aggressiveness of the treatment, taking into account your skin concerns, the health of your skin, and your individual ability to heal. Due to this, patient response can vary after a Halo™ fractional laser treatment. Redness and swelling are expected responses following a treatment. The degree of redness and length of healing time will increase with depth and coverage of the procedure.

Expectations:

- Day 1 – Red to pink skin, swelling, sunburn feeling for the first 1-2 hours
- Day 2 – Continued redness, swelling, and will start to notice pigment lifting
- Day 3 – Less redness and swelling, will be more bronzed in appearance, and starting to flake
- Day 4 – More flaking and peeling starting around the nose and mouth
- Day 5 – Flaking and peeling continuing to spread across the face exposing fresh skin
- Day 6 – Flaking and peeling mainly along the edges, fresh skin on the face

Tips to help you while you heal:

- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment. It can persist up to 7 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for a few hours depending on the depth of treatment, and it may be isolated to certain treated areas.
- Immediately after treatment, swelling is common and expected. Use of cold compresses and ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night. The first morning after treatment is when swelling is most obvious, especially under the eyes. Swelling can last 2-4 days depending on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after treatment. Cold compresses or ice packs can be used to provide comfort.
- You will notice tiny dark spots and a bronzed appearance develop on day 2 or 3. Small areas may appear crusted, do not 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. Feel free to apply moisture as needed. It could take 5-7 days for the peeling process to be completed. If the neck or body is treated, it could take up to two weeks.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve. This is a great time to start using medical-grade skin care products, if you are not already. It pays to invest in your results to keep your skin beautiful!
- Post treatment discomfort may be relieved by over the counter pain relievers like Tylenol.

- Itching may also occur and is completely normal. DO NOT scratch! Scratching the treated area can cause scarring and pigmentation.
- Use your post-procedure kit to keep the skin moist. After the day of procedure, you may also include petroleum jelly or Aquaphor if the skin is extra dry or itchy. By day 3, you can begin to use your usual skin care products.
- Use a gentle cleanser while healing. Cetaphil will be part of your post procedure kit. When cleansing, be gentle and use your fingertips. No Clarisonic, skin care brushes, or wash cloths during that first week.
- Peeling and flaking should be allowed to come off naturally. DO NOT RUB, PICK, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS AS THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS, AND INFECTION.
- Sunscreen is a must and should be used diligently. Not only will it protect your fresh skin, it will protect your investment. Your sunscreen must be physically blocking with zinc or titanium dioxide and have broadband UVA and UVB protection with a SPF of at least 30. You may begin applying sunscreen the day after your procedure.
- Typically, after the peeling process is complete, makeup can be worn.
- Avoid strenuous exercise and sweating until the skin has healed.

Although swelling and redness are expected and normal, excessive swelling or any of the following signs of infection are not and you should contact the office immediately at 512-815-0123. Signs of infection include:

- drainage
- increased warmth at or around the treated area
- fever 101.5 or greater
- extreme itching