

TREATMENT PREPARATION

TREATMENT: **Skin Resurfacing Laser**

DEVICE USED: **HALO™ Hybrid Fractional Laser**

FOUR TO EIGHT WEEKS PRIOR TO TREATMENT

Avoid receiving dermal fillers 4-8 WEEKS before and after your procedure.

TWO TO FOUR WEEKS PRIOR

- Your pre-treatment protocol may require the use of a prescription Hydroquinone for 2–8 weeks prior to your Halo laser treatment. Use as directed by your provider, with a broad-spectrum SPF 30+ during the day always.
- Laser light may cause a cold sore or fever blister, which can lead to more serious complications. If indicated, one day prior to procedure, you will take an anti-viral and/or antibiotic by your provider. If you have an active cold sore you must reschedule.
- If you will be taking pain medications on the day of treatment, you will need to arrange for a driver to/from your appointment.

TWO WEEKS PRIOR

Avoid sun exposure for at least 2 weeks prior to and throughout the course of your treatments. It is important that your skin remains its natural color without any tanning. You should not have tanned skin from natural light, tanning beds or even self-tanners/spray tans. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. In order to avoid tanning, use a broad-spectrum SPF 30+ during the day always - and apply 15 minutes prior to casual sun exposure.

ONE WEEK PRIOR

- Discontinue the use of Aspirin or other non-steroidal anti-inflammatory drugs (i.e., Ibuprofen, Advil®, Motrin®, Aleve®, Nuprin®, Celebrex®, Fish Oil, Gingko Biloba, St. John's Wort and high doses of Vitamin E - unless medically necessary) one week prior to your appointment to reduce the risk of bruising/bleeding at the treated site(s).
- Discontinue retinols and prescription retinoid products (i.e. Retin-A, Renova, Differin) for 1 week prior and one week after treatment. Your practitioner will determine when it is safe to resume these products after you have fully healed from your treatment.
- Avoid waxing, facials, electrolysis, threading, extensive sun exposure or any other laser treatments one week prior to procedure.

THREE DAYS PRIOR

Discontinue the use of all topical serums with the exception of a plain moisturizer, gentle cleanser and sunscreen SPF 30+ three days prior to procedure.

DAY OF TREATMENT

- Apply prescribed topical numbing one hour prior to procedure to a clean, dry face. You will wear this topical numbing to the office.
- You may take Benadryl one hour prior to procedure and for the first three days to control swelling. If your provider feels you should use something stronger, you will receive a prescription.

YOU WOULD NOT BE CONSIDERED A CANDIDATE IF YOU HAVE ANY OF THE FOLLOWING:

- You are intolerant to anesthetic based agents.
- You have an infectious disease.
- You have a connective tissue disorder.
- You have the propensity for keloid scar formation.
- You are immunocompromised or have compromised healing.
- You are on long-standing systemic steroids (e.g. Prednisone, Dexamethasone).
- You are pregnant.
- You have used Isotretinoin (Accutane) within the last 12 months.
- You have a medical condition that may affect wound healing.
- You have an active cold sore.

PLEASE INFORM YOUR PROVIDER IF:

- You use anticoagulant medications that may hinder coagulation or have predisposition of bruising.
- You are actively tanning or have significant UV exposure without proper sun protection.
- You are susceptible to Post Inflammatory Hyperpigmentation (PIH).
- You have filler or injectables.

POST TREATMENT INSTRUCTIONS

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Following post-care guidelines is crucial to the health of your skin and success of your results.

IMMEDIATELY POST TREATMENT

- Your treatment provider will apply topical moisturizer before you leave.
- Swelling is common and expected. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 5-7 days depending on the aggressiveness of the 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 7-10 days depending on the aggressiveness of the treatment.
- You will apply a cool water compress for up to 15 minutes at a time, followed by a CeraVe lotion. This should be done for a minimum of three times a day or as often as needed to alleviate any discomfort.
- Pinpoint bleeding may occur. This can last for a few hours – 12 hours depending on the treatment depth and may be isolated to certain treated areas.
- The treated area may be extremely warm for 12-24 hours after the treatment.
- You should avoid close contact with pets after laser treatment such as sleeping, cuddling, or allowing them to “kiss” lick you. No matter how clean they are, pets carry germs that are different to human germs. These germs can transmit diseases and cause infections. This could alter your result in a negative way requiring antibiotics, possible hospitalization and even additional procedures or treatments. Ask your provider when it is safe to resume close contact.

24-48 HOURS POST

- For the first 3 days post treatment, CeraVe Lotion will be the only cream applied to your skin. You can apply this generously over the treated area and reapply whenever your skin feels dry. We want you to be comfortable, but not saturated with the cream.
- Cleanse the skin twice daily plain lukewarm water and a mild cleanser beginning the evening of treatment. Use clean hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. **DO NOT** rub, scrub, use an exfoliant or a skin care brush such as a Clarisonic in the treated area. **DO NOT** use skin care products not provided to you or recommended for 3 days following treatment. Doing so could result in scarring and pigmentation complications.
- Avoid Strenuous exercise and sweating until after skin has healed.
- Post treatment discomfort may be relieved by over the counter oral pain relievers such as Ibuprofen and Tylenol. Itching may be experienced during the healing phase and is completely normal. **DO NOT** scratch the treated area as scarring and pigmentation complications can occur. Oral Benadryl may help itching but can cause drowsiness, so we recommend taking this at nighttime only. During the day, a non-drowsy antihistamine such as Claritin or Zyrtec can help.
- When showering, we recommend having the back of your head to the water to avoid directly hitting your face with the full force stream of water. Be sure to avoid getting shampoo directly on the treated area.

72 HOURS-14 DAYS POST

- You can begin to use sunscreen. It is okay to apply medically approved makeup.
- On the 2nd day or 3rd day after treatment, you will increasingly notice tiny dark spots and a bronzed appearance to 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 7-10 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 flaking process is complete, your skin will have a rosy, pink glow that will gradually resolve. Normal make up can be worn at this point (ensure that all brushes have been cleaned), although we still recommend using a medically approved makeup.
- Finish any medications that were prescribed to you for your treatment.
- Sunscreen is a MUST and should be used daily beginning the third day after treatment and used vigilantly for 3 months post procedure. The treated area is more prone to sunburn and pigmentation change. Use a sun block with a protection factor of 30+ and both UVA & UVB coverage. We recommend Ultraceuticals Ultra UV Protective Daily Moisturizer SPF 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 treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypopigmentation can / will occur.

WARNING!!! CALL OUR OFFICE IMMEDIATELY IF:

- You have excessive swelling.
- Any drainage-looks like pus.
- Increased warmth at or around the treated area.
- Fever of 101.5 or greater.
- Extreme itching

If you suddenly develop other symptoms, or have any questions regarding your treatment (or these instructions), please contact our office to speak to one of our RN's at 414.488-7900.