



## Halo Hybrid Fractional Laser Pre and Post Care

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**Compliance with the recommended pre / post care instructions and the use of the recommended skincare products are crucial for the success of your treatment and to prevent unnecessary side effects or complications.**

### Pre-Treatment Instructions

- **Sun exposure should be avoided 4 weeks** before treatment
- Let medical provider know if you have a history of cold sores/fever blisters
- If instructed to use Hydroquinone, apply twice a day for 2-6 weeks prior to treatment, or as instructed by provider (stop use of Hydroquinone 1 week prior to treatment)
- Discontinue retinol products 1 week prior to treatment
- **Arrive with a clean face, with no makeup on**
- Bring a hat on the day of treatment
- You will numb for 1 hour
- MUST ARRIVE ON TIME to ensure you get the proper amount of numbing time
- You will be prescribed two medications that should be started one day prior to treatment:
  - Doxycycline 50mg. Take medication as instructed.
  - Valtrex 1g. Take medication as instructed.

### FOR OPTIMAL RESULTS:

**Alastin Regenerating Skin Nectar** is recommended to use 2 weeks before and 2 weeks after your procedure.

- Apply 1-2 pumps in the morning and evening.
- Prepares and strengthens the skin for treatment, enhances procedure outcomes, and supports faster recovery.
- Maximizes procedure results by supporting the skin's natural ability to clear out damaged elastin and collagen.
- **Calms post-procedure skin** and helps **reduce recovery & downtime**.
- Helps preserve your procedure results.
- Support the production of new, healthy elastin and collagen.
- Water-free, preservative-free, bacteriostatic formulation.

### Post-Treatment Instructions

- An intense sunburn sensation will be felt for the first couple hours after treatment and then will dissipate. Cold compresses or ice packs may provide comfort during this time.
- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment.

- 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.
- **Swelling (moderate to severe) is common and expected after treatment.** Swelling may last 2-4 days. Use of ice and elevation of the treated area can help resolve this side effect. Benadryl, Claritin, or Zyrtec may also help alleviate some swelling.
- Peeling or Flaking may begin within the first 24 hours after treatment.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.
- If an antiviral and/or antibiotic was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by over-the-counter oral pain relievers, e.g., Extra Strength Tylenol.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl, Claritin, or Zyrtec may help. **DO NOT scratch** the treated area as scarring and pigmentation complications can occur.
- Beginning the morning after treatment, cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, e.g. Alastin Gentle Cleanser, Cetaphil Facial Cleanser. DO NOT rub, scrub, use an exfoliant or a skin care brush e.g., Clarisonic.
- Apply moisturizer as often as needed (Avene Cicalfate Cream, Alastin Ultra Light Moisturizer, Cetaphil or Cerave).
- Peeling and flaking generally occur within 24 hours 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 SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION!**
- **Sunscreen with an SPF 30 or above is a MUST and should be used daily** beginning the day after treatment. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation can / will occur.
- Typically after the peeling process is complete, make up can be worn.
- Avoid strenuous exercise and sweating until after skin has healed.

\* Contact the office immediately for any signs of infection. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

**\*Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**