



CONGRATULATIONS...

you have decided to get the Halo™ Glow and say 'Halo' Gorgeous!

Halo is the first hybrid fractional laser using 1470nm non-ablative and 2940nm ablative laser wavelengths. The outcomes are based on the depth and density of the treatment taking into account your skin concerns, the health of your skin and your individual healing ability. Response can vary after a Halo fractional treatment.

These instructions are intended to guide you through the post-care treatment and get you on your way to gorgeous!

What to Expect & What You Should Do:

FEELING OF WARMTH:

- What to expect:** The treated area may be extremely warm for 12-24 hours after the treatment.
- What to do:** Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.

REDNESS (ERYTHEMA):

- What to expect:** Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the treatment.
- What to do:** Allow skin to heal and don't put further stress on your skin. Use gentle cleansers and keep skin moisturized and out of the sun.

PINPOINT BLEEDING:

- What to expect:** Pinpoint Bleeding may occur. This can last for a few hours up to 12 hours.
- What to do:** Dab with damp gauze.

SWELLING (EDEMA):




- What to expect:** Immediately after treatment, swelling is common and expected.
- What to do:** Use of a cold compress will help to relieve the swelling. 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 2-4 days.

MENDS:

- What to expect:** MENDS (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin.
- What to do:** 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 feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process.

POST-CARE INSTRUCTIONS

5 Day Healing Diary Guide:

Feeling of Warmth	
Redness (Erythema)	RED
Pinpoint Bleeding	
Swelling (Edema)	(())
MENDS	

DAY 1:  RED  (())

DAY 2: RED (()) 

DAY 3: RED (()) 

DAY 4: RED (()) 

DAY 5: RED

WATCHOUTS

For general post-treatment discomfort, an over the counter oral pain reliever, i.e. Extra Strength Tylenol might be prescribed by your doctor. If an anti-viral was prescribed, continue to take as directed.

Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl, but can cause drowsiness.

WARNING:

There may be some degree of swelling immediately post-treatment, however if you experience 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 higher
- Extreme itching

Post-treatment Skin Care:

Just as important as the treatment, is the care for your skin post-treatment.

CLEANSING:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, two times beginning the morning after the treatment. Use your hands and use gentle patting motions. DO NOT rub, scrub, use an exfoliant or a skin care brush, e.g. Clarisonic in the treated area.

Your doctor recommends these products:

Cetaphil Gentle Skin Cleanser

MOISTURIZER:

Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry.

Your doctor recommends these products:

Cetaphil Moisturizing Cream

SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day of treatment and used consistently for up to 3 months post procedure. Use sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.

Your doctor recommends these products:

TIPS & TRICKS:

- Use soft cloth and soft towels to avoid any scrubbing.
- Make-up can typically be worn once the peeling process is complete.
- Wear a wide-brimmed hat or clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.
- When showering, avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.

HALO IS ONE OF THE
HOTTEST TREATMENTS IN
SKIN REVITALIZATION:



PRACTICE INFORMATION

Learn more at www.HalobySciton.com

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