

## Halo Pre & Post Treatment

### **Prep Instructions:**

-Stop use of retinols and AHAs for 7-10 days. You may continue use of pigment regulators such as hydroquinone.

-(Optional) Start a non-drowsy anti-histamine such as Claritin 1x per day for 7-10 days.

-If you have a history of cold sores, begin taking Valtrex one day before treatment, with food. A prescription can be obtained from our office.

-Avoid sun exposure and use of sunless tanners in treatment area.

-If numbing at home, apply numbing cream to clean skin 60 mins prior to your procedure. If treating the face, be sure to get under eye area and hairline. You may also take 800mg of Ibuprofen with food to maximize comfort during and after your procedure.

-Avoid wearing any makeup including mascara on the day of your procedure. If numbing in the office, arrive at least 60 mins early for application.

It may be helpful to obtain the following supplies before your scheduled appointment:

-4x4 gauze or cotton pads

-Purified water

-Distilled white vinegar

-Gentle cleanser and moisturizer such as Cetaphil or Cereve

-Benadryl

-Ibuprofen

-Cold packs or ice roller

\*We do provide you with cold packs or ice mask but some patients find it helpful to have extra.

### **Post Treatment Instructions:**

-Redness is normal and expected, pinpoint bleeding may occur but resolve quickly.

-Immediately after treatment, swelling is typical especially under the eyes. It may be beneficial to sleep with head elevated/extra pillows the first night after treatment.

-The treated area may feel very warm for 12-24 hours after the treatment. Your clinician will recommend cool compresses following treatment.

-Post treatment discomfort may be relieved by over the counter oral pain relievers such as Advil/Motrin.

-Oral antihistamines, such as Benadryl may help with swelling or itching experienced following treatment. It is recommended you take these at night as they may cause drowsiness.

Days 1-3 Post Treatment:

AM/PM Routine- Cleanse skin lightly with hands only 2x per day with Gentle Cleanser, apply thin layer of ointment on day 1 (treatment day) and gentle moisturizer starting on day 2.

(Optional) Apply cool compress of 1 cup purified water mixed with 1 teaspoon white vinegar every 3 hours on day 1 & 2. Soak 4x4 gauze or clean washcloth in solution and store in the refrigerator.

On the 2nd or 3rd day after treatment, you will notice tiny dark spots and a bronzed appearance to the treated skin. Do not pick, rub, scrub or irritate your skin in any way while it is healing.

Sunscreen can be applied on day 2 and mineral make-up may be worn if necessary.

Avoid heat, saunas, hot tubs and high intensity exercise of any kind during these days

Do not exfoliate or use facial brush or washcloth.

Day 3-7

AM/PM Routine- Cleanse skin lightly with hands only and Gentle Cleanser, apply moisturizer or Aftercare cream followed by sunscreen. OTC Hydrocortisone may be mixed in if itching occurs.

You may resume all regular activities including exercise.

Do not exfoliate or use a facial brush of any kind. At the end of day 7, you may start to gently start to move out peeling skin with small circular movements in the shower. Do not tug or pull at skin that is still attached and healing.

## Days 8-10

You may resume your normal skincare routine including Retinols and Hydroquinone. Skin will still appear pink and slightly sensitive. Avoid picking or popping, aggressive scrubs or use of AHAs for 1 month.

\*Please call 610-519-0600 immediately if you experience any of the following:

There may be some degree of swelling immediately after treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include: Pain that is not relieved by OOC pain medication, drainage, increased warmth post 24 hrs, fever of 101.5 or greater, extreme itching. For questions or concerns after business hours, please text Dionna at 646-402-3585.