

Halo Fractional Laser Post Care

Pre-treatment requirements:

1. Treatment requires consultation appointment prior to treatment.
2. Do Not tan, use self tanners, or spray- on bronzers for four weeks prior to treatment.
3. A daily application of SPF30 or higher sunblock to the treatment area four weeks is recommended prior to treatment.
4. Discontinue all Retin-A, Renova, glycolic acids, vitamin C products, and anything else which can be irritating, for three days before treatment.
5. Inform us if you have take Accutane within the past six months or Tetracycline within the last month.
6. Inform us of any changes in your medical history since your last visit.
7. Inform us if you have had chemical peels, dermabrasion, laser resurfacing or a face lift since your last visit. Discontinue any chemical peels for the duration of the treatment.
8. Avoid taking any aspirin, non steroidal anti- inflammatory medications, St. John's Wort, Vitamin E, or omega- 3 supplements, one week before treatment.

What to Expect

1. Immediately after treatment you may experience redness, pinpoint bleeding, swelling, and a sunburn feeling. These are normal to experience after treatment.
2. The redness can increase in the next few days on day 3 being the most severe and can last up to 7 days, depending on how aggressive the treatments was.
3. Pinpoint bleeding can last a few hours up to 12 hours depending on treatment depth and may be isolated to certain treatment areas.
4. EXTREME swelling can occur. This is common based on how aggressive the treatment was. In the event of extreme swelling, you may take an antihistamine, sleep inclined, and you may use ice packs after 24hrs. of treatment.
5. On the 2nd day or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin, this is called MENDS (microscopic epidermal necrotic debris). They look like tiny dots that appear crusted DO NOT pick them off or scrub them off doing so can cause scarring and pigmentation complications, this is part of the healing process and will come off in 5-7 , and could take longer on areas of the body up to 2 weeks.
6. After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.

Post Care

1. The first day of treatment, leave the treated area(s) alone. You may take a Tylenol, and or antihistamine. Try to avoid medications that are anti-inflammatories.
2. After 24hrs, ice pack may be applied to help with residual heat and swelling.
3. In the case of swelling antihistamines are recommended and sleeping inclined. Swelling will resolve in a few days. Staying well hydrated and avoiding alcohol consumption can help decrease the chances of swelling.
4. The next day you may wash your treated areas with lukewarm water and mild cleanser, e.g. Cetaphil.
5. You may apply SkinMedica Post Procedure serum, and or TNS Ceramides. In areas of extreme dryness, a thin layer of SkinMedica Restorative Ointment, Vaniply ointment, or Aquaphor can be used in addition the other products listed.
6. Sunscreen MUST worn daily and reapplied throughout the day. No direct sunlight following treatment for at least 2 months. If direct sun exposure is necessary, wear a hat and clothing that covers treated area. **If treated area is exposed blistering, scarring, hyperpigmentation or hypopigmentation can/will occur.**
7. Avoid strenuous exercise and sweating until the skin is healed.
8. When showering, avoid getting shampoo and any fragranced body wash on treated areas.
9. Antihistamines are also recommended if the skin becomes itchy during the healing process.
10. Makeup can be worn after the peeling process is complete. Your provide will instruct you when to return to your skin care regimen.

Additional instructions:

On 3rd to 4th day, you may use an apple cider vinegar soak to help calm the skin and speed up exfoliation. Combine 1tsp of apple cider vinegar to 1 cup of warm water. Place a piece a gauze in the solution allowing the gauze to become fully saturated. Then lightly place the gauze on treated area, allowing it to remain on skin for 1-2 minutes. You may then very gently exfoliate with gauze. This step may not be needed and just used in a case of extreme irritation.

WARNING:

1. In the event you feel that your swelling is abnormal, contact the office and send in pictures for a provider to review. From there, you will be provided with a recommendation and may speak with the NP on staff, as needed.
2. Contact the office immediately if there is any sign of infection.
3. Signs of infection: Drainage (looks like pus) increased warmth around treated areas after 24hrs of treatment, fever of 101.5 or higher, or extreme itching.

**If any complications occur, please contact our office at 281-895-9090
After hours, please follow the prompts on our voice-mail.**