

**HALO™ PRO FRACTIONAL LASER AFTER CARE (PAGE 1 of 2)**

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 up to 7 days depending on the aggressiveness of the treatment.

Pinpoint bleeding may occur. This can last for 1-12 hours depending on the treatment depth and may be isolated to certain treated areas.

Immediately after treatment, swelling and warmth are common and expected. Use of a cold compress or ice packs will help to relieve the swelling. To avoid worsening of either, 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 2-14 days depending on the aggressiveness of the treatment. If needed, you can use Claritin/Zyrtec (or equivalent generic forms) once a day starting the week prior to and continuing for 3-7 days after the treatment. This can be taken in conjunction with Benadryl 25 mg at night, starting the night of the treatment for 2-3 nights.

Although ice/cold helps immediately after the procedure is complete, leaving it on your skin for too long can prevent the heat from escaping and cause you to be more uncomfortable. We recommend removing the Zimmer chiller over the course of 10-20 minutes while you are in the office. After you leave, use your air conditioner in the car on high. As you get closer to your destination, gradually turn the fan down and open the windows. Slowly close your windows and spend time outside once you are home (if it is not sunny and/or hot. Use paper to fan yourself as the heat continues to dissipate, then stop this as well. You may continue to be warm for awhile longer but try not to return to the ice unless necessary.

Vinegar soaks are recommended while healing to reduce redness, prevent infection, and speed healing. This will also help remove old balms or creams applied. The patient needs one bottle of plain white vinegar to do vinegar washes. As soon as they get home, they should start vinegar soaks. The more, the better. It is recommended a minimum of 4 times a day for the next 3 days. **TO SOAK:** Prepare a vinegar solution of 2 teaspoons of white vinegar to 2 cups of filtered, cold water. The solution can be stored in the fridge ahead of time. Dip a clean, soft cloth into the vinegar solution and lay the wet cloth against your skin for 10-15 minutes, gently pressing on the skin without rubbing. Rinse with water and reapply laser balm or cream (depending on laser used, see specific laser instructions) after soaking.

On the 2<sup>nd</sup> or 3<sup>rd</sup> day after treatment, you will increasingly notice tiny dark spots and 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 5-7 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 peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.

If an antiviral was prescribed for you, continue to take as directed. Most commonly, it will be Valacyclovir 500-1000 mg 2 times a day for a total of 7 days, preferably starting 1-3 days prior to the procedure.

Post treatment discomfort may be relieved by over-the-counter oral pain relievers, i.e., Extra Strength Tylenol or Ibuprofen.

Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. Oral Claritin or its generic equivalent may also help. DO NOT scratch the treated area as scarring and pigmentation complications can occur.

**Keep your skin moist with EXOE, Cicalfate, Aquaphor** or other moisturizing cream that your practitioner recommends. It should be reapplied as needed whenever your skin feels dry. The use of a moisturizer with petroleum may be suited for certain individuals but only use these if directed to do so by your provider.

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, e.g., Cetaphil, beginning the morning after the treatment. Use your 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 e.g. Clarisonic in the treated area. Doing so could result in scarring and pigmentation complications.

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! Gently washing the skin more frequently will help to promote the peeling process.

**Sunscreen is a MUST** and should be used daily beginning the day of treatment and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 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 hypo-pigmentation can / will occur. Sun exposure should be avoided for 2 weeks post treatment.

Typically, **after** the peeling process is complete, make up can be worn. Avoid strenuous exercise and sweating until after skin has healed.

When showering in the next few days, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.

If you have any signs of infection such as drainage that looks like pus; increased warmth at or around the treated area; fever of 101.5 or greater; extreme itching, contact the office immediately.

Make a follow up appointment for 2 weeks after your treatment with your provider.

Your final results will not be realized for up to 3 months post procedure. Be patient.