

Halo Fractional Laser Treatment

The HaloPro Laser uses a fractionated laser to improve skin's appearance. **Fractionated lasers** use two types of lasers: a non-ablative laser and an ablative laser. These lasers penetrate deep into the tissue and stimulate quick regrowth of healthy new skin. **Non-ablative** means the laser heats the skin cells without completely removing them to address skin texture issues. **Ablative** means the laser completely removes the top layer of skin to stimulate collagen production.

The result of the Halo fractional treatment is based on the aggressiveness of the treatment while taking into account your skin concerns, the health of your skin and your individual healing ability. Due to this, the response can vary after a Halo fractional treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

What should I expect after my procedure?

- Redness is normal and expected. It generally increases in intensity the first few days after treatment with day 3 being most intense. It can last for up to 7 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding (tiny spots of blood on the skin) may occur. This can last for a few hours and up to 12 hours depending on the treatment depth. You may only have bleeding in certain treated areas. If this occurs, wipe areas with damp gauze/soft cloth.
- Immediately after treatment, swelling is common and expected.

- Use a cold compress or ice packs in the first 48 hours to 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 after treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2 days depending on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment. Using cold compresses or ice packs may provide comfort during this time.
- On the second or third day after treatment, you will increasingly notice tiny dark spots and a bronzed appearance to the treated skin. This is called the MENDS (Microscopic Epidermal Necrotic Debris). **MENDS** are microscopic wounds from the laser treatment. They contain large amounts of the skin-darkening pigment 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 go away. Your clinician will advise you when you can use makeup and which kind.
- If an antiviral was prescribed for you, continue to take as directed.

- If you have discomfort after treatment you may take over the counter oral pain relievers such as Extra Strength Tylenol or prescribed pain medication if ordered by the doctor.
- You may experience itching during the healing phase. This is completely normal. Taking Benadryl (diphenhydramine) by mouth may help itching but can cause drowsiness. **Do not** scratch the treated area because scarring and pigmentation complications can occur.
- You may have pin point blood pooling under the skin. This will look like tiny red dots. This can last for 1-3 weeks after treatment.
- You may have acne breakouts up to 3 weeks after treatment.

What are my care instructions?

- **Do not apply the moisturizer you received from the provider until 2 hours after treatment.** Using a moisturizer with petroleum may be better for you if you received a more aggressive treatment while the cream should be sufficient on less aggressive treatments.
- **Do not cleanse your skin until 24 hours after treatment.**
 - 24 hours after the treatment cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser like Cetaphil.
 - Use your hands to gently apply the cleanser and water, and finish by patting dry with a soft cloth.
 - **Do not** rub, scrub, or use an exfoliator or a skin care brush like Clarisonic in the treated area. Doing so could result in scarring and pigmentation complications.

- When showering in the next few days, avoid getting shampoo directly on the treated area. Take 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.
- Apply moisturizer generously over the treated area and reapply whenever your skin feels dry. For severe dryness, add Elta MD or Aquaphor on top of your moisturizer or mix it in with it.
- Peeling and flaking generally occur within 24 hours after 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.
- **You must commit to using sunscreen daily** beginning the day of treatment and for up to 3 months after the 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 the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation could occur.
 - Avoid sun exposure for 2 months after treatment.
- Typically, after the peeling process is complete, you can wear makeup.
- Avoid strenuous exercise and sweating until after skin has healed.

When should I call for help?

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:

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

What is the contact information?

Phone: (734) 432-7634

Toll free: (800) 493-3223

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