

# HALO PRO FRACTIONAL THERAPY™ POST CARE

The Halo fractional treatment creates outcomes based on the aggressiveness of the treatment taking into account your skin concerns, the health of your skin and your individual healing ability. Due to this, patient 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.

## Post Treatment

- Redness generally increases in intensity the first few days with day 3 being most intense. Redness can persist for up to 7 days depending on depth of treatment
- Pinpoint bleeding may occur. This can last for a few hours – 12 hours depending on the treatment depth and may be isolated to certain treated areas
- Swelling is typically a short-term response. Use of a clean cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after treatment
- On 2<sup>nd</sup> or 3<sup>rd</sup> day, 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 lesion, the 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 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 regenerated. During this time, our 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. This process could take up to 2 weeks on the neck, chest, or any area of the body that was treated.
- If an antiviral was prescribed for you, continue to take as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol. DO NOT use Ibuprofen
- Urticaria (itching) often occurs during healing process. Oral Benadryl may help but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur

## Post Care

- Immediately after treatment, your clinician may apply an occlusive barrier e.g. Calm & Correct with Intense Moisture or Rex Eme, to the treated area and should be reapplied as needed to keep the skin moist.
- Cleanse the skin two times a day with plain, lukewarm water and the gentle cleanser provided, or one such as Cetaphil, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting area. 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.
- After cleansing your face, reapply the occlusive barrier or moisturizer generously and whenever your skin feels dry.
- 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 promote the peeling process.
- Sunscreen is a MUST and should be used daily beginning the day of treatment and used vigilantly. Use a sunscreen with broadband protection (UVA and UVB) and a SPF of 30 or more. Apply 20 minutes before sun exposure and reapply every 2 hours. If treated area is exposed to sun, blistering scarring, and hyperpigmentation or hypopigmentation can/will occur.
- Avoid direct sunlight for up to 2 months post treatment
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.

## WARNING

There may be some degree of swelling immediately post 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 or extreme itching
- Fever of 101.5 or greater