

Halo Laser Pre-Care Instructions

What is HALO?

Halo is the world's first hybrid fractional laser, meaning that it treats the skin on two levels at the same time.

- **Ablative Wavelength (2940nm)**: Creates tiny micro-channels in the skin to resurface texture, pigment and fine lines.
- **Non-Ablative Wavelength (1470nm)**: Heats deep into the dermis to stimulate collagen and improve overall tone, firmness and clarity.

Together these wavelengths deliver maximum results with shorter downtime than traditional resurfacing treatments.

What Halo Treats

Halo is ideal for improving:

- Sun damage/brown spots
- Uneven skin tone and texture
- Enlarged pores
- Fine lines and wrinkles
- Acne scars
- General dullness
- Melasma
- Laxity/Collagen loss

Most patients see a noticeable glow within 7-10 days and continued collagen improvement for 3-6 months.

Pre-Treatment Instructions

2-4 Weeks Before

- Avoid tanning, sunburns or self tanner on the treatment area.
- Discontinue retinoids (Retin-A, tretinoin, adapalene).
- Discontinue AHAs/BHAs, benzoyl peroxide and physical scrubs.
- If you are prone to cold sores and/or cystic acne, notify your provider – we will prescribe prophylactic antiviral medication and/or an antibiotic.

What to expect during HALO:

- A topical numbing cream is applied for about one hour before treatment.
- The procedure feels very warm with a prickling or “needing” sensation.
- Afterward, your skin will feel VERY HOT for 1-2 hours – this is normal.
- Redness and swelling are expected immediately afterward treatment.

What to expect after HALO:

Days 1-2

- Redness, swelling, warmth, and sensitivity (similar to a strong sunburn).
- Skin may feel tight and dry.
- Swelling is often most noticeable around the eyes.

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Days 2-4

- Tiny dark specks (“**MENDS**”: microscopic epidermal necrotic debris) appear —this is pigment coming to the surface.
- Skin becomes rough, like sandpaper —texture typically worsens before it improves.

Days 4-7

- MENDS naturally slough off.
- Do **not** scrub or exfoliate to speed the process.
- Early results appear: brighter, clearer, glowing skin.

Weeks 2-8

- Collagen production builds, improving pores, texture, and fine lines.
- Skin continues to smooth and brighten.

Post-Care Instructions

- Use a gentle, non-active cleanser (IS Clinical Cleansing Complex, EltaMD Foaming Cleanser, Cetaphil, or CeraVe).
- Apply a post-treatment serum such as **Alastin Skin Nectar**, and a gentle moisturizer (IS Clinical Sheald, Alastin Ultra Light, CeraVe, or Cetaphil).
- Avoid direct sun exposure; use a **mineral broad-spectrum sunscreen** daily.
- Avoid makeup until peeling has fully resolved.
- Do not pick, scrub, or exfoliate MENDS.
- Avoid hot tubs, saunas, steam rooms, and strenuous workouts until the skin has peeled.
- Avoid retinols, acids, vitamin C, benzoyl peroxide, and scrubs for **2 weeks** post-treatment.

When to Call the Clinic

Contact us if you experience:

- Blistering or significant swelling that worsens after Day 3
- Severe pain after the numbing effect wears off
- Yellow crusting, pus, or signs of infection
- Increasing redness after Day 4
- Concerns about your healing process at any point