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## HALO TREATMENT (COMBINATION FRACTIONAL RESURFACING)

THE HALO LASER IS A LASER TREATMENT GREAT FOR IMPROVING SIGNS OF SUN DAMAGE ON THE SKIN LIKE BROWN SPOTS AND WRINKLES, AS WELL AS SCARRING. THE LASER IS A COMBINATION OF BOTH NON-ABLATIVE AND ABLATIVE FRACTIONAL RESURFACING. IN SOME INSTANCES, A SERIES OF TREATMENTS IS NEEDED FOR THE BEST RESULTS. AFTER THE TREATMENT, YOU GET THE DISTINCTIVE “HALO GLOW”.

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### Preparing for Halo laser

To prepare for the Halo laser, please do not be tan. You must also plan to stay strictly covered from sun exposure with sunscreen and hats for two weeks. Plan for about a week of “downtime” after the Halo treatment where your skin will look different. The day following the treatment you can apply makeup to mask the side effects. ***You should arrive to your laser appointment about an hour early for topical numbing cream.*** The treatment itself is warm, but tolerable. You will be given an antiviral medication to take prior to and after the procedure. Please discontinue any Retin-A or similar medication for one week prior to the treatment.

### Aftercare for Halo

Sunscreen and sun avoidance are important after your procedure. Please plan to stay strictly covered from sun exposure for two weeks. Additionally, you will be advised to keep your skin covered with a barrier ointment at all times. Your daily post-procedure care should look like this:

- 1 Wash with a Alastin Ultra Calm twice daily
- 2 Apply Alastin Regenerative Nectar
- 3 Apply Alastin Soothe & Protect ointment
- 4 Apply Alastin Silkshield SPF 30
- 5 Please refrain from applying makeup until the skin is healed.
- 6 Take Valtrex 500mg twice daily for 7 days

**DO NOT PICK OR SCRATCH AT SKIN. Do not resume Retin-A or similar topicals until the skin is healed. Please ask about timing for resuming any other acne or anti-aging topical/medication.**

### What to expect after Halo

The after effects of the Halo laser can vary from person to person depending on the nature of the treatment.

- **Redness.** This 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 and crusts.** Bleeding is present immediately after treatment and microscopic crusts begin to appear that cause a bronzed look on the skin. Do not try to pick or scratch them off or try to exfoliate in any way. Allow them to come off on their own. It could take 7 days for this process to be complete on the face. It could take longer off the face. After the peeling occurs, a slight pink appearance is possible. This will resolve within weeks.
- **Swelling.** This is common and expected. Swelling can be extreme and is not concerning. You can use cold compresses or gel packs to relieve the swelling. Sleeping elevated on 2-3 pillows will help prevent swelling. Swelling usually lasts 2-3 days.

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- **Itching.** Itching can be normal and is part of the process. Continue to moisturize to prevent this. Do not pick or scratch. If itching worsens and includes small pimples, please call the office as this can be a sign of a yeast infection.
- It takes a full 3 months to see the final effects of the laser on scarring or wrinkles.

**Please call us if you notice any of the following:**

- Blistering or cold sores.
- Worsening pain
- Yellow crusting or oozing
- Fevers/chills
- Extreme itching, especially with pimples or worsening redness

*These are rare reactions, but if you experience them, please call the office at 435-602-1918.*