

HALO® Laser Pre- & Post-Treatment Instructions

What is Halo?

HALO® is a hybrid fractional laser that delivers both ablative and non-ablative wavelengths simultaneously to the skin. This allows us to treat multiple layers of the skin in a single session, improving pigmentation, sun damage, texture, fine lines, pore appearance, and overall skin quality while offering less downtime than traditional fully ablative laser resurfacing. Your treatment will be customized based on your skin type, concerns, and desired level of correction.

Before your treatment:

Two Weeks Before:

- Avoid direct sun exposure, tanning, and tanning beds.
- Wear a broad-spectrum SPF 30+ sunscreen every day.
- Do not use self-tanning products on the treatment area.
- Continue any pre-treatment skincare prescribed by your provider.
- Keep your skin well hydrated with gentle moisturizers and/or hyaluronic acid (HA) serums.

Please notify our office if you:

- Have a history of cold sores or herpes outbreaks.
- Are pregnant or breastfeeding.
- Have recently started a new medication.
- Are taking antibiotics or other medications that may increase sensitivity to light.
- Develop a sunburn, rash, infection, or irritation in the treatment area.

5–7 Days Before:

Unless otherwise instructed by your provider, discontinue:

- Retinoids, including Retin-A®, tretinoin, adapalene, and tazarotene.
- Glycolic, lactic, or salicylic acid products.
- Vitamin C or other potentially irritating active skincare products.
- Exfoliating scrubs or cleansing devices.
- Waxing, threading, depilatory creams, or electrolysis in the treatment area.
- Continue any specific pre-treatment creams prescribed by your provider.

Day of treatment:

- Arrive with clean skin, free of makeup, sunscreen, lotions, oils, or perfumes.
- Bring a wide-brimmed hat for sun protection when leaving the office.
- Wear comfortable clothing and preferably a zip-up or button-down shirt that can be removed without rubbing against the treated skin.
- Take any prescribed antiviral or other medications exactly as directed.
- Plan for approximately 5–7 days of social downtime, although healing varies depending on treatment intensity and individual response.

After your HALO® treatment:

The healing process occurs in stages and the following changes are expected.

Days 1–2:

You may experience:

- Redness, similar to a sunburn.
- Mild to moderate swelling, which may be more noticeable around the eyes.
- Warmth, sensitivity, or a tight sensation.
- Mild pinpoint swelling or roughness.

Days 2–4:

- The skin may develop a bronzed or darker appearance.
- Tiny dark dots called MENDs (microscopic epidermal necrotic debris) will become more noticeable.
- Your skin may feel rough or similar to sandpaper.
- Pigmented areas may temporarily appear darker than they did before treatment.
- This is an expected part of the healing process. Do not scrub, exfoliate, or attempt to remove the MENDs.

Days 3–7:

- Bronzing, MENDs, and dry skin will gradually flake away naturally.
- Fresh, smoother skin will begin to appear.
- Redness may persist to some degree even after the skin has finished flaking.
- Do not pick or peel the skin. Allow it to shed naturally.

Your post-procedure kit:

You will be provided with:

- Velez™ post-procedure mask
- Avène Thermal Spring Water
- Avène Cicalfate+, Aquaphor or equivalent

How to care for your skin:

Immediately After Treatment:

1. We will apply the Velez™ post-procedure mask to the treated area.
2. You may use a fan and Avène Thermal Spring Water to help cool and soothe the skin.
3. Apply cool compresses as needed for comfort and swelling. Never apply ice directly to the skin. Always keep a clean barrier between your skin and a cold pack.
4. Spray the treated skin with hypochlorous acid approximately 4 times daily or more as needed to gently cleanse and refresh the area.
5. Keep the skin consistently hydrated with Cicalfate+, Aquaphor®, or an equivalent bland emollient. Reapply whenever the skin feels dry or tight.

Days 2–7:

1. Wash the treated area gently twice daily with a mild, fragrance-free cleanser and lukewarm water. Do not scrub. Pat dry with a clean towel.
2. Apply hypochlorous acid spray after cleansing and as needed throughout the day.
3. Keep the skin well hydrated with a moisturizer or emollient (Cicalfate, Aquaphor, Skin Nectar etc). Reapply whenever the skin feels dry or tight.
4. Use Avène Thermal Spring Water as needed for cooling and comfort.
5. Use broad-spectrum SPF 30–50+ every morning and reapply approximately every 2 hours when outdoors.
6. Avoid unnecessary direct sun exposure for at least 4 weeks following treatment.
7. Wear a wide-brimmed hat whenever outdoors.
8. Avoid makeup for approximately 1 week or until the skin is fully healed, unless otherwise instructed by your provider.

What to avoid:

For at least 7 days or until your skin has completely healed, avoid:

- Picking, peeling, scratching, or rubbing the treated skin.
- Retinoids.
- Vitamin C.
- Glycolic, lactic, or salicylic acids.
- Benzoyl peroxide.
- Exfoliating products, scrubs, brushes, or cleansing devices.
- Waxing, threading, or other irritating treatments to the area.
- Hot tubs, saunas, and steam rooms.
- Swimming pools, oceans, or other bodies of water while the skin barrier is healing.
- Vigorous exercise for the first 24–48 hours, or longer if heat and sweating continue to cause discomfort.

Do not restart active skincare products until the skin has completely healed. When in doubt, contact our office before restarting them.

When to call our office:

Please contact us promptly at **305-317-6448** if you experience:

- Severe or worsening pain.
- Blistering.
- Increasing redness after the skin had initially begun improving.
- Thick yellow drainage, pus, or other signs of infection.
- Fever or chills.
- Significant swelling that continues to worsen.
- Any unexpected reaction or concern during the healing process.