



## Halo Hybrid Fractional Laser Pre and Post Care

---

**Compliance with the recommended pre / post care instructions and the use of the recommended skincare products are crucial for the success of your treatment and to prevent unnecessary side effects or complications.**

### Recommended Pre and Post Conditioning Skin Care:

**Plated Intense** is recommended to start using 2 weeks before your treatment

- Use 2 weeks before treatment to reduce inflammation, inhibit melanocyte activity to mitigate post inflammatory hyperpigmentation, and boost collagen and elastin production.
- Calms post procedure skin and helps reduce recovery time.
- Continue to use throughout the treatment series to preserve and maximize results.

\*\*Plated Intense should be the first product applied to the skin. Wait until the skin is dry (5-10 minutes) before applying any other products.

**Revive's Hyperpigmentation Cream** (8% hydroquinone, 0.025% tretinoin, 4% kojic acid) is recommended for some patients to reduce the risk of hyperpigmentation

- Apply a pea-sized amount to skin in the evening for 2 weeks prior (or as directed by your provider) to your treatment and throughout the treatment series.
- Please be aware the use of hydroquinone can cause skin irritation in some people. If you experience any irritation or other adverse reactions, discontinue use and consult with your provider for alternative products.
- Stop using hydroquinone 3-5 days prior to your treatment. You may resume use of hydroquinone 7 days after treatment.
- Sunscreen must be used while using Hydroquinone or any pigment correcting product.

**Physical Sunscreen** at least SPF 30.

- Apply daily to protect from sun exposure.

### Pre-Treatment Instructions

- **Avoid unprotected sun exposure or tanning, or self-tanners** for at least 4 weeks prior to your procedure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Let medical provider know if you have a history of cold sores/fever blisters
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3-7 days prior.
- **Arrive with a clean face, with no makeup on**
- Bring a hat on the day of treatment
- You will numb for 1 hour

- MUST ARRIVE ON TIME to ensure you get the proper amount of numbing time
- You will be prescribed two medications that should be started one day prior to treatment:
  - Doxycycline 50mg. Take medication as instructed.
  - Valtrex 1g. Take medication as instructed.

## Post-Treatment Instructions

- An intense sunburn sensation will be felt for the first couple hours after treatment and then will dissipate. Cold compresses or ice packs may provide comfort during this time.
- Redness is normal and expected. Redness generally increases in intensity the first few days after 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 (moderate to severe) is common and expected after treatment.** Swelling may last 2-4 days. Use of ice and elevation of the treated area can help resolve this side effect. Benadryl, Claritin, or Zyrtec may also help alleviate some swelling.
- Peeling or Flaking may begin within the first 24 hours after treatment.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.
- If an antiviral and/or antibiotic was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by over-the-counter oral pain relievers, e.g., Extra Strength Tylenol.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl, Claritin, or Zyrtec may help. **DO NOT scratch** the treated area as scarring and pigmentation complications can occur.
- **Beginning the morning after treatment**, cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, e.g. Alastin Gentle Cleanser, Cetaphil Facial Cleanser. DO NOT rub, scrub, use an exfoliant or a skin care brush e.g., Clarisonic.
- Apply one pump of **Plated Intense** serum twice a day while the skin is healing. Apply moisturizer (after Plated Intense) as often as needed (Avene Cicalfate Cream, Alastin Ultra Light Moisturizer, Cetaphil or Cerave).
- 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!**
- **Sunscreen with an SPF 30 or above is a MUST and should be used daily** beginning the day after treatment. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation can / will occur.
- Typically after the peeling process is complete, make up can be worn.
- Avoid strenuous exercise and sweating until after skin has healed.

\* **Contact the office immediately for any signs of infection. Signs of infection include:**

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

- Extreme itching

**\*Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**