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**Halo**

*HALO is the first hybrid fractional laser using non-ablative and ablative wavelengths. It can treat a significant range of cosmetic skin conditions, such as brown spots, redness, discoloration, melasma, sun damage, aging, irregularities in texture or tone, large pores, lines and wrinkles, and certain scars. The result is clearer, smoother, more even skin that features fewer marks and lines.*

What to expect

* The procedure will begin with the application of topical numbing cream to the treatment area.
* Once the treatment area is numb, your skin will be cleansed and prepped.
* During the treatment, you may feel a warm snapping sensation as the laser energy is rolled into the skin.
* Immediately after, the treated area will be *extremely* warm – similar to a moderate to severe sunburn.
* Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment – peaking around day 3. Redness can persist for up to 7 – 10 days depending on the treatment.
* Pinpoint bleeding may occur. This can last for a few hours up to 12 hours.
* Immediately after treatment, swelling is common and expected.
* MENDS (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots or as a bronzed appearance to the treated skin.
* Average number of treatments vary depending on the skin condition and concerns.

Pre-Treatment

* Avoid sun exposure, tanning beds, and sunless tanner in the area being treated for 4 weeks. *Presenting with a tan will result in rescheduling of treatment.*
* Dark hair that is present in the area to be treated should be shaved or clipped.
* Discontinue photosensitizing and topical medications (AHA/BHA, hydroquinone, retinols/retinoid, Tazorac, Differin, etc.) to the area for 7 days prior to treatment.
* Discontinue anti-inflammatory/blood thinning medications (Omega 3/Fish Oil, Aspirin, NSAIDS/Ibuprofen/Naproxen/Advil/Motrin, Ginkgo Biloba/Ginseng/St. John’s Wort, Vitamin E/Herbal supplements) for 5 days prior to treatment.
* Avoid injectables, chemical peels, and other laser treatments for approximately 2 weeks prior.
* Notify provider if you have a history of cold sores or acne breakouts prior to scheduling.
* We recommend taking an OTC antihistamine such as Claritin or Zyrtec 48 hours prior to your procedure to help alleviate potential swelling after your procedure.

Post-Treatment

* Cold compresses may provide comfort immediately after treatment.
* Use gentle cleansers and keep skin moisturized and out of the sun for the first week.
* If you experience any pinpoint bleeding, dab the areas with damp gauze.
* To avoid further swelling, you may choose to sleep in an upright position the first two nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days. We recommend that all our post-HALO clients take an OTC Claritin or Zyrtec in the morning and Benadryl at night to reduce post-procedure swelling.
* MENDS are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process.
* For general post-treatment discomfort, an OTC oral pain reliver, i.e. Extra Strength Tylenol or Ibuprofen can be taken. If an anti-viral was prescribed, continue to take as directed.
* Avoid picking, scratching, and itching, as scarring and pigmentation complications can occur. Itching can be relieved by OTC oral Benadryl.

Post-Treatment Skin Care

* Cleansing:
  + Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, starting the morning after the treatment. Use your hands and use gentle patting motions. Do NOT rub, scrub, use an exfoliant or a skin care brush.
* Moisturizer:
  + Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry or tight. Do NOT pick at your skin to reduce the risk of post procedure complications.
* Sunscreen:
  + Sunscreen is a MUST and should be used daily beginning the day of treatment and used consistently for up to 3 months post procedure. Use a SPF with Broadband UVA and UVB protection and a SPF of 30+. Ensure to reapply during sun exposure.
* Tips & Tricks:
  + Make-up can typically be worn once the peeling process is complete or 24 hours post treatment, if desired.
  + Wear a wide-brimmed hat or clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation, and hypopigmentation.
  + When showering, avoid getting shampoo directly on the treated area.
  + Avoid strenuous exercise and sweating until after skin has healed.

Complications/Risks

* Scarring – Hypertrophic and Non-hypertrophic
* Burns – from superficial to full thickness
* Extensive tissue destruction
* Ulcerations
* Hyperpigmentation or Hypopigmentation
* Induced bruising or petechiae formation
* Severe edema
* There may be some degree of swelling immediately post-treatment, however if you experience 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
  + Fever of 101.5 of higher
  + Extreme itching

Considerations

* Anticoagulant medications that may hinder coagulation, or have predisposition to bruising
* Actively tanning, UV exposure
* Undefined lesions
* Susceptible to Post-Inflammatory Hyperpigmentation (PIH)
* Fillers or injectables

Contraindications

* Actively tanning or recent UV exposure
* Pregnancy
* Isotretinoin (Accutane) use within the past year.
* History of keloid scar formations
* Immunocompromised or have compromised healing
* Using long-standing systemic steroids (Prednisone, Dexamethasone)
* Infectious disease
* Connective tissue disease