

AFTERCARE – Halo Hybrid Fractional Laser Treatment

Immediately after your **Halo** treatment, a cream will be applied to the treated areas to keep the skin moist. Swelling and redness is common and expected after treatment. The area may also feel extremely warm and tender for 12-24 hours post treatment. Cold compresses and ice bags will feel great and help reduce swelling. Any post treatment discomfort may be relieved by over the counter oral pain relievers such as ibuprofen. You can gently wash your face twice a day using a cleanser like the EltaMD Foaming Cleanser. Use Cetaphil to keep the skin moist for approximately the first 3 days, then switch to the Barrier Repair Complex and use it as long as you like.

After your **halo** laser treatment, you will experience redness and the feeling of a light sunburn. Swelling and redness is common for a couple of days post treatment but you can resume your normal activities immediately. However, avoid any heavy exercise for 5-7 days. Avoid any excessive sun exposure for at least two weeks. Always wear sunscreen. We highly recommend using an extra pillow to sleep at night for 2-3 nights, to reduce the chance of severe swelling.

On the second or third day after treatment, you will begin to notice tiny dark spots and a bronzed appearance to the treated skin. This occurs as the body sheds the old tissue and new, fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture. It will begin to flake. **Do NOT pick off the flakes!** For the face, this can last 5-7 days. If the neck, chest or anywhere else on the body was treated, this process could take up to two weeks. Make up can generally be worn after day 5. After the peeling process is complete, your skin will have a rosy, pink glow for a few days.

- **Day 1-3 of treatment** - Use Cetaphil Lotion to keep the skin moist, reapplying as needed. Sleep elevated. Take ibuprofen or Advil as needed.
- **Day 4** - Begin using Barrier Repair Cream. It is also an everyday moisturizer. Begin using the EltaMD sunscreen when you start the Barrier Repair Cream.
- **Day 5-7** - You can begin using your Vitamin C and wear makeup, preferably a mineral makeup.

If you have been advised to use these products:

- **On day 6** - resume your use of hydroquinone, am and pm
- **On day 7** - 10-resume your use of Tretinoin / Retin A, every or every other night

Collagen will continue to remodel over the next few months and the skin will continue to improve in texture and tightening. To maintain the results of your halo treatment as well as further improvements to your skin, follow the treatment and professional product protocol, chosen just for you at the time of your consultation.

As always, feel free to call us with any questions or concerns. We thank you for choosing Clinique Dallas to provide your skin rejuvenation therapies!