

Halo Pro Pre and Post Instructions

Halo Pro by Sciton is the world's first and only customizable hybrid fractional laser, combining non-ablative and ablative wavelengths in a single treatment to maximize results and reverse the signs of aging. Halo is able to target problems both on the surface of the skin and in deeper areas of the skin to improve pigmentation and fine lines and wrinkles. Halo provides incredible, predictable results with less inflammation than previous technologies and a faster recovery time. In order to help you recover quickly and with the best result, we recommend you read and follow these instructions carefully. If you have any questions, our clinical team is happy to assist you.

Pre-Procedure

- **Minimize sun exposure** as much as possible before and after your treatment. Avoid tanning and sunless tanners prior to treatment for several weeks. The best results may be achieved when treating baseline, naturally toned skin.
- **We recommend the use of Alastin® Nectar** two weeks prior to HALO in the treatment area to optimize your results. The Nectar has been clinically proven to clear cellular debris in the skin to allow for new collagen growth and reduce inflammation during the healing process. We stock this product, or you may order directly from Alastin® at www.alastin.com, and have it delivered to you.
- **Avoid all the following products for 3 days before treatment:** prescription retinoids such as Retin-A® (tretinoin), Tazorac®, Atralin®, Differin® (adapalene), Epiduo®, Tretin-X®, Ziana®, **and all products containing:** retinol/retinoic acid, glycolic acid, salicylic acid, alpha-hydroxy acid, ascorbic acid (vitamin C), and benzoyl peroxide.
- **If you have a history of cold sores,** Valtrex should be started one day prior to the procedure and continued for 5 days post procedure. Dosing of Valtrex is 1 gram (or 1000mg) twice a day. Please notify us if you need a prescription for Valtrex.

What to Expect During the Procedure:

- Plan to wear loose-fitting, comfortable clothes that may easily be removed in order to access the skin to be treated. You may want to bring a wide-brimmed hat, parasol, or other sun-protective clothing to wear afterwards.
- We will take pre-procedure photos for documentation, so plan to remove all traces of makeup and sunscreen.
- A clinic team member will apply numb gel to the face, neck or chest. Numb gel is not applied to any other areas of the body for treatment. Pregnant women may not use numb gel on any area.
- Another option to relieve anxiety during the procedure is **Pronox**. The PRO-NOX™ Nitrous Oxide Delivery System is a pneumatically driven gas system designed to deliver a 50% Oxygen and 50% Nitrous Oxide mixture to safely and effectively reduce the intensity of pain and anxiety. PRO-NOX™ is inhaled through a disposable mouthpiece that the patient holds, taking effect almost immediately. PRO-NOX™ is self-administered, so you can be comfortable with the amount of gas you are receiving and can adjust it based on your individual needs. It's similar to what some dentists' offices use to reduce anxiety and pain, but it's also different because with PRO-NOX™ you control how much you breathe in.
- About 45 minutes after your arrival, treatment will begin. The numb gel will be removed, the skin disinfected, and special eyewear given to protect your vision during the treatment.
- Your provider will map the treatment area, and patients will experience a warm, snapping sensation as the Halo treatment begins. The skin may feel warm and prickly and feel more sensitive in areas around the nose and eyes. Treatment may be focused in areas with more sun damage or redness.

What to Expect After Treatment

- Once treatment is complete, a clinic team member will apply the **Alastin® Nectar** to help reduce inflammation and soothe the skin, and then a mineral sunscreen will be applied to protect from sun damage while skin is extra-sensitive.
- Immediately after your treatment while in the office, you will experience a **heat sensation** that can be quite intense. This is normal, and surprisingly, this sensation will diminish after about an hour. You may wish to purchase a small, hand-held fan for your comfort at home. In addition, **redness, swelling and pinpoint bleeding** may also occur over the next few days. You may experience more severe swelling around the eyes 3-3 days post treatment, especially in the morning. Occasionally, oozing can occur in isolated areas for a few days. It is critical to stay well moisturized, such as with EltaMD Intense Mpisturizer or Auqaphor during the healing period.
- **To minimize swelling**, apply cold compresses to the treatment area for 10 minutes every hour on the day of treatment. Avoid salty foods and alcohol. Sleep elevated the first night and use as many pillows as you can tolerate. If you know you swell easily or are experiencing extreme swelling, we can prescribe a steroid for you; please call the office if needed or inform us of a predisposition during your consultation.
- **We recommend the use of Alastin® Nectar** for another two weeks after treatment. Alastin® Nectar helps reduce recovery time and strengthen your skin. **Alastin® Nectar is NOT a moisturizer and should be used in conjunction with a moisturizer. Apply Alastin Nectar first, followed by a moisturizer.**
- **Once you are home and over the next 48 hours**, keep your skin hydrated with consistent moisturizing. Apply Alastin Nectar, followed by EltaMD Intense Moisturizer whenever your skin feels dry, and top with a mineral sunscreen (zinc and/or titanium dioxide). You may use a mild cleanser such as Alastin Gentle Cleanser (do not use a wash cloth), and pat skin dry. **DO NOT scrub, scratch, rub, exfoliate, shave or force off any skin during the healing process. This could result in scarring, pigmentation, or infection.** Gentle washing of the skin more frequently will help to promote the peeling process and expedite the removal of flaking skin. Keep clothing away from treated body parts as much as possible to avoid irritation. Use Restore Healing Balm or petrolatum ointment to cover any area with oozing or crusting.
- Over the next few days, the skin will start to look bronzed and little dark dots will appear on the treated area. You may experience itching and a rough, dry texture a few days after treatment as you begin to peel or flake over the next 5-7 days. Other areas, such as neck/chest/hands/arms, where healing is slower, the process may take up to 2 weeks.
- Once the sloughing is complete, you may notice a pink glow to the skin. Most redness resolves during the first week after treatment, but a rosy glow can remain for several weeks. If you wish, you can apply makeup to minimize the redness. **Use sunscreen daily and diligently for at least 3 months.** If direct sun exposure is unavoidable, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).

Additional Healing Method

We recommend Water and Vinegar Soaks to reduce redness and speed healing, especially the first 3 days.

- **Water and Vinegar Soak Solution**
 - 1 Tbsp white vinegar
 - 2 cups cool water
 - Store in covered Tupperware dish or new spray bottle (Available at Dollar Store) and keep in fridge to keep cool

Submerge gauze pads in the solution and then apply to the treated area. In place of gauze pads you can purchase a new spray bottle and spray the solution to the treated area. Soak the treated skin for 20 minutes with vinegar solution 4 to 8 times each day.

After soaking, gently pat the skin dry with a towel and apply a layer of Restore/Vaseline/Aquaphor to the entire face. Spray Aquaphor is especially helpful. If using product from a jar, use tongue depressors to scoop the ointment from the jar. Make sure to use a new tongue depressor with every dip into the jar. **DO NOT DOUBLE DIP.**

Re-apply ointment whenever skin feels dry. Apply it cautiously around the eyes to avoid irritation.

Until sensitivity has completely subsided, avoid ALL of the following:

- **DO NOT scrub, scratch, rub, exfoliate, shave or force off any skin during the healing process. This could result in scarring, pigmentation, or infection.**
- The treated area is more prone to sunburn and pigmentation changes. If you are outdoors, please wear sunscreen and a hat.
- Avoid Scented lotions or soaps, exfoliating creams and medications (Retin-A®, glycolic, salicylic, and alpha-hydroxy acids), acne creams or gels, loofa sponges, and aggressive scrubbing
- Avoid Hot or cold water - wash with tepid water
- Avoid Shaving
- Avoid Swimming pools and spas with multiple chemicals/chlorine as well as swimming in lakes

Normal Skin Care Regimen

Once the sloughing is complete, you may resume your routine skin care and make-up products, as long as they are tolerable to you. It is important to continue or start a skincare regimen using quality products that will help you maintain your Halo results and keep your skin healthy. All the products we carry are **medical grade** and have been studied to prove their efficacy. One of our staff members can help you find products that are best suited for your skin health.

| What to Expect | What to Do |
|--|--|
| Feeling of warmth for 1-2 hours after treatment. Warmth may continue for 12-24 hours after treatment. | Cold compresses; mineral water spray. |
| Redness can persist for up to 7 days depending on the intensity of the treatment | Use gentle cleansers and keep your skin moisturized and out of the sun to allow your skin to heal. |
| Tiny dark spots and a bronzed appearance will appear on the 2 nd or 3 rd day after treatment | Keep skin well moisturized and do not pick. |
| Swelling, especially under the eyes. Swelling may last 2-4 days. | Cold compress. Sleep in an upright position for the first couple nights. |

Call us at (919) 942-2922 IMMEDIATELY if:

- Cold sores or fever blisters occur.
- Pain increases greater than a sunburn or if you experience any changes in the level of discomfort.
- You develop any pus on your face or any ulceration, yellowing or scabbing in an area that was previously pink, please notify us immediately as this could be a sign of infection.