



PUYALLUP DERMATOLOGY

Post Halo Laser treatment

If you were given a prescription for Valtrex/Acyclovir for cold sore prevention, start taking the medication on the day of your laser treatment and finish as prescribed

Immediately After Halo

Use a handheld fan, ice packs, and/or cooling masks throughout the day in combination with the **Green Tea Soothing Spray** (in kit), these will help ease the sunburn sensation you will get post treatment. Cooling masks and ice packs will help reduce swelling.

After Care Instructions-Start 24 hours after Halo and continue for 5 days

1. Wash morning and night with **Papaya Enzyme Gentle Cleanser**, use cool to warm water. DO NOT use hot water. no exfoliation - no scrubs, no picking.
2. If you had your eyelids treated, use **Soothing Recovery Ointment** around your eyelids. Use a thin layer, be cautious when applying near creases of eyes. For the face, use 1-2 drops of the **Multi-Correction Serum**, then apply **Lipid Replenishing Soft Cream** to the rest of the face. Do this twice daily. If skin feels dry throughout the day, it is ok to apply **Lipid Replenishing Soft Cream** as well as use **Green Tea Soothing Spray**. **Soothing Recovery Ointment** can be used on the face if the cream does not feel like enough.
3. 2-3 days post treatment start the **20% Vitamin C Serum** once daily. Use 1-2 drops after the Multi-Correction Serum. If you feel burning, discontinue for 1-2 days then try again. This just means your skin needs to heal more.
 - Avoid sun exposure and any kind of tanning, including self- or spray tanning.
 - Do not wax, tweeze, or use hair-removal creams on the treatment area
 - After 48 hours, you can start applying sunscreen and makeup.
 - Avoid heat and exercise for 5-7 days while the skin is healing.

One week post treatment:

- Wear sunscreen daily. Avoid direct sunlight for 2-3 weeks.
- Ok to wear makeup, go back to normal skin care routine. If skin is slightly reddish, still sensitive continue washing with gentle cleanser, avoid exfoliating.

Gentle restart retinoids, glycolic acid, or other potentially irritating skin care products SLOWLY 3-4 weeks after your Halo treatment.

You may experience tightness of the skin with redness and swelling like a sunburn, this is all normal for 2-3 days post your Halo laser treatment. On days two to three, a bronzing, sandpaper-like texture will form on the skin as MENDS (microscopic epidermal necrotic debris) make their way to the surface and fall off by day four or five, depending on the treatment depth and intensity.

If eyelids were treated- there will be an increase in swelling over the next 2 days that may affect your vision. Everyone is different and we are unable to determine how much swelling you may get. Please use ice packs and cooling masks throughout the day to help decrease the amount of swelling that may occur.