



## Prepping for your Halo Laser / BBL treatment

As you anticipate your Halo laser/BBL appointment, here's how you can help minimize the risks and maximize your results.

### **Starting two weeks in advance:**

- 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
- If you're prone to cold sores, you may be given anti-viral medication to reduce the risk of an outbreak

### **One week prior:**

- STOP ALL skincare products with active ingredients like retinol, hydroquinone, glycolic acid, salicylic acid, or benzoyl peroxide for seven days before treatment

### **Day of appointment**

- Before you head to your appointment, make sure your skin is free of lotion or make-up.
- If you are having the Halo laser, you will arrive 45-60 minutes before your laser appointment for topical numbing application

If you have any other concerns about prepping for your treatment, please ask your provider during your consultation.

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