

HALO

Halo combines both ablative and non-ablative fractional laser technologies in a single treatment. By addressing various skin concerns such as sun damage, wrinkles, fine lines, uneven texture, and discoloration, Halo works to restore the skin's youthful glow. This cutting-edge procedure precisely targets different depths of the skin, effectively stimulating collagen production and promoting cellular turnover. The dual-wavelength technology allows for customizable treatments, ensuring optimal results for each patient's unique skin type and concerns.

PRE-HALO INSTRUCTIONS TO BEST PREPARE FOR YOUR TREATMENT, PLEASE DO THE FOLLOWING:

1. **Discontinue topical retinoid therapy** a few days prior to treatment.
2. **Avoid prolonged sun exposure**, spray tans, or sunless tanner for two weeks prior to the procedure.
3. **Notify your provider** if you have a history of cold sores (Herpes Simplex 1) to take prophylactic antiviral medication 2 days prior to the procedure and 5 days post-procedure.
4. **Arrive at your appointment** with clean skin.






TREATMENT

WHAT TO EXPECT

- **Numbing:** Patients are topically numbed for 30 minutes under LED prior to treatment. During the treatment, you may feel mild to moderate heat or a tingling sensation, often described as “warm pin pricks.”
- **Post-Treatment Sensation:** Immediately after treatment, most patients experience a mild to moderate sunburn sensation and edema that may last for a few days. Your skin may feel warm and tighter than usual. It's recommended to sleep in an upright position on the day of treatment.
- **Swelling:** The laser creates a controlled injury to the skin for collagen remodeling. Moderate to severe swelling is normal, peaking around day 2 and gradually subsiding around day 4.
- **Makeup/Exercise:** Please avoid wearing makeup or exercising for 48 hours to prevent bacteria from entering the treated skin.
- **Healing Process:** Around days 2-3 post-treatment, you may notice residual redness or a bronzy appearance with a gritty/sandpaper texture to your skin. This is a normal part of the healing process known as MENDS (microscopic epidermal necrotic debris). Your skin will feel very dry—keep moisturizing and DO NOT PICK or cause trauma to the skin until fully healed, typically by day 7.

POST-HALO INSTRUCTIONS

POST-HALO RECOMMENDATIONS INCLUDE:

-  **Topical Exosomes:** Applied immediately post-treatment, it's recommended to leave these exosomes on overnight for expedited healing. Rion (Plated) CALM post-procedure serum can be purchased and applied throughout the recovery process for quicker recovery.
-  **Avoid Makeup/Exercise:** Do not wear makeup or exercise until the day after treatment.
-  **Gentle Skincare:** Use the gentle skincare products provided (Elta MD Cleanser, HYMED, Elta MD UV Clear, exosomes if purchased) for the first 7 days. You may resume your regular skincare regimen afterward.
-  **Sun Protection:** Avoid sun exposure and apply sunscreen daily to reduce the chance of hyperpigmentation.
-  **Follow-Up Treatments:** Multiple treatments over several months may be required to achieve the desired outcome. Collagen stimulation and cellular turnover begin around day 28 post-treatment, with noticeable results appearing at this time. Longer-term improvements in skin integrity can be appreciated 3-4 months following the last treatment.

QUESTIONS OR CONCERNS

Please contact your Halo provider at the office where you were treated during business hours with any questions or concerns (see below).

AFTER HOURS-EMERGENCY on call (215) 662-4552