

# Halo

## POST-CARE INSTRUCTIONS

### DAY OF PROCEDURE

#### One Week Before Treatment:

- Immediately after treatment, your clinician will cleanse the area with a gentle cleanser and a hydrating product to help protect the skin, provide a barrier and promote healing. This hydrator should be reapplied as needed to keep the skin moist.
- Swelling is common and expected. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright/reclined position the first night. The first morning post-treatment is when swelling is more prevalent, especially under the eyes. Swelling may last two to four days depending on the aggressiveness of the treatment.
- If you have a history of cold sores, an antiviral will be prescribed for you to take the day of treatment and following to prevent a possible cold sore flare.
- Post-treatment discomfort may be relieved by over-the-counter oral pain relievers (e.g. Extra Strength Tylenol)<sup>™</sup>.

#### Days Two to Three After Treatment:

- On the second or third day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. This is called MENDS (microscopic epidermal necrotic debris). The treated tissue will appear crusted (sandpaper like) and start to peel and flake. **DO NOT PICK, RUB OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION.**
- Gently cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser (preferably ZO<sup>™</sup> Gentle Cleanser). Use your hands to gently apply the cleanser and water and finish by patting dry with a soft, clean cloth. DO NOT rub, scrub or use an exfoliant or skin care brush (e.g. Clarisonic) on the treated area.
- A provider-designated hydrator should be applied generously over treated areas and reapplied whenever your skin feels dry, this will help with healing and also prevent itching.
- Makeup can be applied starting two days after treatment.
- When showering, be sure to avoid getting shampoo directly on the treated area, along with any other potential skin irritants.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl<sup>™</sup> may help itching but can cause drowsiness. DO NOT scratch the treated area, as scarring and pigmentation complications can occur.

CONTINUED ON BACK >

## DAY OF PROCEDURE

### Four to Five Days After Treatment:

- You can begin using a heavier moisturizer/cream. (e.g. Vaseline/Aquaphor, Alastin, etc.)
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.

### General Instruction:

- Sunscreen is a MUST and should be used daily beginning the day of treatment and used vigilantly post-procedure. SPF should be applied every day whether indoors or outdoors. Use recommended sunscreen with broadband protection (UVA/UVB) and a sun protection factor (SPF) of at least 30. If the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypopigmentation can/will occur. Sun exposure should be avoided for two months post-treatment.
- Avoid strenuous exercise and sweating until after skin has healed (typically by day five).

## SIGNS OR SYMPTOMS:

There will be some degree of swelling immediately after treatment and into the first day post-treatment. However, if you have excessive swelling or any of the following signs of infection, you should contact our office immediately.

### Signs of infection include:

- Drainage - looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching



If you have any questions or concerns, do not hesitate to contact Springfield Clinic. We are here to help in any way possible!

