

Halo Fractional Laser Treatment™ - Post Treatment Instructions

The HaloPro Laser is a fractionated laser that uses hybrid technology of 1470 nm non-ablative laser and 2940 nm ablative laser to create controlled zones of coagulation to chosen depths into the dermis that stimulate neocollagenesis and fractionally vaporize (ablate) micro laser channels in the epidermis addressing tone and texture of the skin. For use of Halo non-ablative laser only, it does not vaporize the skin.

The Halo fractional treatment creates outcomes based on the aggressiveness of the treatment taking into account your skin concerns, the health of your skin and your individual healing ability. Due to this, patient response can vary after a Halo fractional treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

Post Treatment

- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment with day 3 being most intense. Redness can persist for up to 7 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for a few hours - 12 hours depending on the treatment depth and may be isolated to certain treated areas.
- Immediately after treatment, swelling is common and expected. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, sleep in an upright position for at least the first night after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time.
- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. These are called MENDS (microscopic epidermal necrotic debris). In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, the MENDS contain large amounts of melanin. Because there are so many MENDS, they can make the skin look bronzed and small areas appear crusted (do not try to scratch them off). This is part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry, have a sandpaper texture, and will begin to flake and peel. If the face is treated, it could take 5-7 days for the peeling process to be completed. Darker complexions may take up to 10 days to recover. If the neck, chest or anywhere on the body was treated, this process could take up to 2 weeks.
- Some patients have skin breakouts or small white bumps (milia) 4-5 days after the procedure. The Halo treatment causes damage and swelling to the skin around the pores which causes the pores to close up. Once the pore is closed from the swelling, the bacteria deep in the skin proliferate and cause acne. This reaction may also occur because the occlusive ointment, which is used to calm the skin and to accelerate the healing, also obstructs the natural openings of the oil glands to the surface of the skin, causing the oil they produce to build up and form acne or milia. These issues usually resolve on their own, but sometimes antibiotics or topical acne medication is needed.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve. Your clinician will inform you and advise you of when make-up can be used and which kind.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by over the counter oral pain relievers; i.e. Extra Strength Tylenol or prescribed pain medication if ordered by the doctor. An anti-inflammatory drug such as ibuprofen may relieve redness. Since ibuprofen thins the blood, patients with pinpoint bleeding may want to abstain from using ibuprofen, and use acetaminophen. Like ibuprofen,

Fox Valley Plastic Surgery, S.C.	www.fvpsurgery.com
2400 Witzel Avenue, Suite A	2500 E Capitol Drive, Suite 1500
Oshkosh, WI 54904	Appleton, WI 54911
920-233-1540	920-358-1810
414-386-4625 Fax	920-358-1819 Fax

acetaminophen reduces fever, body aches, and pain; however, it does not reduce inflammation.

- Itching may be experienced during the healing phase and is completely normal. Taking an antihistamine may alleviate the symptoms. Oral Benadryl may help itching, but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur.

Post Care

- Immediately after treatment, your clinician may apply an occlusive barrier such as Stratacel, or another cream such as Cicalfate to the treated area. It should be reapplied as needed to keep the skin moist. The use of a moisturizer with petroleum may be suited for individuals who receive more graduated coverage while the cream may be sufficient on less aggressive treatments.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser such as ZO® Gentle Cleanser or Cetaphil beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, or use an exfoliant or a skin care brush such as a Clarisonic in the treated area. Doing so could result in scarring and pigmentation complications.
- Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry.
- When showering in the next few days, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.
- Males should not shave their faces for 5 days after the procedure.
- Avoid strenuous exercise and sweating until after skin has healed.
- Sunscreen is a MUST and should be used daily beginning the day of treatment and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 30. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation can / will occur. Sun exposure should be avoided for 2 months post treatment.
- Typically after the peeling process is complete, make up can be worn.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION! Gently washing the skin more frequently will help to promote the peeling process.

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the 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



SKIN CARE RECOMMENDATIONS

The HALO treatment is just one aspect of a well-rounded skin regime. Please follow these skin care recommendations.

PRE TREATMENT:

Conditioning the face for a month with physician grade skin care products prepares the skin to better tolerate laser procedures. Stop the use of retinoids, acids, and hydroquinone products 3-5 days before the laser treatment. We recommend:

- ZO® Skin Health Retinol Skin Brightener .25%, .05%, .1% brightens and evens skin tone.
- ZO® Skin Health Pigment Control Creme and Pigment Control + Blending Creme gradually lighten and inhibit hyperpigmentation by altering the natural processes that cause cell damage.
- Alastin® Regenerating Skin Nectar helps clear damage and debris in the extracellular matrix to enhance healthy skin.

POST TREATMENT CLEANSING:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. DO NOT rub, scrub, use an exfoliant, wash cloth or a skin care brush, e.g. Clarisonic in the treated area. We recommend:

- ZO® Skin Health Gentle Cleanser removes impurities and leaves the skin feeling refreshed, clean and hydrated.

POST TREATMENT MOISTURIZER:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever skin feels dry. Do not apply any other products such as essentials oils and coconut oil. We recommend:

- Vaseline® while healing creates a barrier to block moisture.
- Stratacel® is a flexible wound dressing for the repair of damaged or compromised skin following laser treatments.
- ZO® Skin Health Daily Power Defense is a powerful antioxidant serum that improves the appearance of lines and wrinkles.
- Alastin® Regenerating Skin Nectar helps support the skin's natural ability to produce new, healthy elastin and collagen. Transition to Alastin® Restorative Skin Complex to restore volume and plump thinning skin, and to improve the appearance of fine lines and wrinkles.

POST TREATMENT SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use sunscreen with Broadband UVA and UVB protection and at least an SPF of 30. Reapply during sun exposure. We recommend:

- Colorescience® Total Protection Sunforgettable Brush
- Colorescience® Total Protection Face Shield
- ZO® Skin Health Sunscreen SPF 30 + Primer offers broad-spectrum protection against UVA & UVB rays, and HEV light.



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PLASTIC SURGERY, S.C.

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2400 Witzel Avenue, Suite A
Oshkosh, WI 54904
920-233-1540

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Appleton, WI 54904
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**PATIENT
PRE & POST-CARE**

WATCH-OUTS

For general post-treatment discomfort, an over-the-counter oral pain reliever. If an anti-viral was prescribed, continue to take as directed.

Avoid scratching and itching, as scarring and pigmentation complications can occur as well as swelling. Consult your physician for recommended over-the-counter aftercare treatment.

WARNING: There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

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

TIPS & TRICKS



Use soft cloth and soft towels to avoid any scrubbing.



Make-up can typically be worn once the peeling process is complete.



Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyper-pigmentation and hypopigmentation.



When showering, avoid getting shampoo directly on the treated area.



Avoid strenuous exercise and sweating until after skin has healed.

PATIENT PRE & POST-CARE INSTRUCTIONS

WHAT TO EXPECT & WHAT TO DO

FEELING OF WARMTH:

What to expect: The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.

What to do: Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.

REDNESS (ERYTHEMA):

What to expect: Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense and can persist for up to 7 days depending on the intensity of the treatment.

What to do: Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.

MENDs:

What to expect: MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin.

What to do: MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick at your skin.

POSSIBLE SIDE AFFECTS:

PINPOINT BLEEDING:

What to expect: Pinpoint bleeding may occur and could last for a few hours and up to 12 hours.

What to do: Dab with damp gauze.

SWELLING (EDEMA):

What to expect: Swelling is common and expected immediately after treatment.

What to do: Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position for 2-3 nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.

FIVE DAY HEALING GUIDE


Feeling of Warmth


Redness (Erythema)


Swelling (Edema)


MENDs


Pinpoint Bleeding

DAILY PROGRESS

POSSIBLE SIDE AFFECTS

DAY 1:

 * First 12 hours only





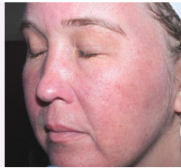


DAY 2:







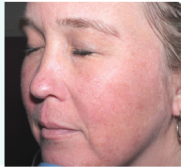


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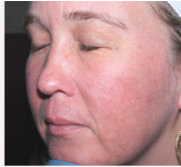


DAY 4:









DAY 5:





**Photos courtesy of Skin Rejuvenation Clinic.*