



La Jolla Cosmetic
Medical Spa
est. 2013

Halo Pre & Post Instructions

4 WEEKS PRIOR

- Your treatment will be customized to your skin. In some cases, you may be required to pre-treat your skin with a prescription of Hydroquinone or another specific product. Use this as directed by your provider. Your practitioner will determine when it is safe to resume these products after you are fully healed from your treatment. Restart date: _____
- No self-tanners or sun exposure without protection. PLAN on avoiding the sun for the first 7 days post treatment
- If you are taking pain medication, you will need a friend or family member to drive you
- Please bring a hat with you to wear out of the office after your treatment

5 DAYS PRIOR

- Avoid any irritants to your skin including products containing Retin A, including hydroquinone pads mixed with retinol, benzoyl peroxide, glycolic/salicylic acids, and any prescription topicals including antibiotics, astringents, and vitamin C.
- Do not wax or use depilatory creams on treatment areas

3 DAYS PRIOR

- Stop use of Hydroquinone products
- Avoid aspirin, Motrin (ibuprofen), fish oils, vitamin E, and other blood thinners like alcohol

DAY PRIOR

- If indicated, day prior to procedure, take any medication prescribed to you by your provider
- If there is hair in the treatment area, shave.

Additional instruction: _____

IMMEDIATELY AFTER TREATMENT – DAY 1

- Pinpoint bleeding may occur and is normal. This can last up to 24 hours.
- The treated area will be extremely warm for the first 1-2 hours. It will subside, but still be very warm for the next 12-24 hours
- Do not wash your face until the next morning
- Swelling is expected and varies per patient. It is usually worse in the morning. It can help to sleep in an upright position for the first few nights.



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- Post treatment discomfort may be relieved by over-the-counter oral pain relievers such as Ibuprofen and Tylenol. Please take these as directed by their instruction labels.
- Avoid close contact with pets during this healing time. Pets carry germs that can cause infections.

DAY 2

- Starting the morning after treatment, cleanse your skin morning and night with plain, lukewarm water and gentle cleanser. Use your clean hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, use an exfoliant or a skin care brush such as a Clarisonic in the treated area.
- After cleansing, you can apply gentle moisturizer or any recommended serums such as Alastin nectar. We want you to be comfortable but not over-saturating the area. If needed for comfort, you can spot treat with a thicker balm such as EltaMD Laser balm or aquaphor/vaseline.
- When showering, be sure to avoid getting shampoo directly on the treated area. 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.

DAY 3-TWO WEEKS

- You can begin to use a gentle, mineral sunscreen. It is ok to apply clean makeup with clean hands and brushes. Ask your provider about approved tinted sunscreens or makeup.
- Swelling may last up to 2 weeks, although the majority will be gone by day 5.
- Avoid heat and strenuous exercise until the majority of your MENDS (microscopic epidermal necrotic debris) have come off. You will notice them on your skin as tiny dark sandpaper-like spots. They can become increasingly dark and gritty feeling until they come off. Do not try to scratch them off. It could take 5-10 days for this process to be completed on the face. For the neck, chest, or anywhere on the body, it could take 2-3 weeks.
- After the MENDS have come off, your skin will have a rosy, pink glow that will gradually resolve. It is ok to resume facial shaving at this time.
- Itching is very normal during this time and a sign of healing and collagen growth. DO NOT scratch the treated area as scarring and pigmentation complications can occur. Oral Benadryl may help itching but can cause drowsiness, so we recommend taking at nighttime only. During the day, a non-drowsy antihistamine such as Claritin or Zyrtec can help.
- Sometimes breakouts can occur during this process, as the skin is actively regenerating. Do NOT pick your skin, as it is very fragile and can break. If necessary, you can apply a hydrocolloid "pimple patch" to spot treat breakouts.



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2 WEEKS & ON...

- We will see you back in our office around 2 weeks for your first in person follow up appointment. You will have a customized skincare plan made for you with instructions on when to begin your normal or any new recommended products to enhance and improve your results. At this visit, we will get your first set of progress photos. Full results HALO won't be seen until 3 months. IF you have been recommended to do a second treatment, it is ideal to schedule your next treatment between 2 and 3 months after your first. You will get a synergistic result with spacing at this interval.