



## **Pre Halo Treatment**

- No sun exposure for at least 2 weeks prior to treatment
- No Accutane for at least 6 months
- Avoid unnecessary medication that could increase photo-sensitivity (Antibiotics are the most common)
- If you have an active cold sore, you must reschedule your appointment
- Please arrive to your appointment with clean/ makeup free skin
- Discontinue use of any retinols & retinoids 2 days prior to treatment

## **Post Halo Care**

After your Halo treatment, it is normal and expected for your skin to feel hot and inflamed, usually increasing throughout the first day. Swelling is common and expected, especially one day post treatment. You will begin to notice rough dark brown dots coming to the surface of the skin called MENDS (Microscopic Epidermal Necrotic Debris). These areas contain dead skin cells and pigment rising to the surface and sloughing off. While the MENDS are healing, your skin may feel like sandpaper and may be itchy. The whole process takes 5-7 days to heal. Here are a few post care instructions:

- DO NOT exfoliate or scratch/pick off the MENDS as doing so may cause scarring, post-inflammatory hyperpigmentation and infection
- A cold compress may be used as needed
- No hot showers or exercising for the first 48 hours
- No makeup for 24 hours
- Use only after care products that are recommended by your practitioner
- ALWAYS wear SPF
- Avoid sun exposure at least 2 weeks post treatment
- If you use Retinol or Hydroquinone, you may resume use after 2 weeks, unless directed otherwise