

## HALO® Laser – Pre & Post Care Instructions

### Before Your Treatment

- Avoid sun exposure/tanning for 2 weeks.
- Stop retinoids, acids, and exfoliants 5–7 days before.
- Arrive with a clean face (no makeup, lotions, SPF).
- Take antiviral medication if prescribed.

### Recommended Skin Prep

- Gentle cleanser
- Hydrating moisturizer
- Daily use of SPF 30+ (broad-spectrum)

### What to Expect After Your HALO® Treatment

- Warmth and redness for up to 24 hours.
- Swelling for 1–2 days is normal.
- Days 2–3: MENDs appear as tiny dark dots.
- Days 3–5: Peeling and flaking; dryness is normal.
- Skin continues improving over several weeks.

### Post-Care Instructions

- Cleanse gently the next morning with lukewarm water.
- Apply an emollient like vaseline or aquaphor the first 1-3 days until skin no longer feels “tight”.
- Moisturize frequently to prevent dryness.
- Do NOT pick, scrub, or exfoliate until healed.

### Cleansing

- Use a gentle cleanser with soft patting motions.
- Avoid washcloths, scrubs, or cleansing devices.

### Moisturizing

- Apply moisturizer often as skin feels dry.
- Only use products recommended by your provider.

### Sun Protection

- Use SPF 30+ daily starting the next day.
- Reapply every 2 hours when outdoors.
- Wear a wide-brim hat and avoid excessive sun for 2 months.

### Additional Tips

- Avoid sweating, workouts, and heat until healed.
- Makeup can be worn once peeling is complete (Day 4–5).

### When to Contact the Office

- Pus-like drainage or spreading redness.
- Severe swelling or fever.
- Extreme itching or signs of infection.