



BOULDER VALLEY  
**Laser & Cosmetic**

## HALO Procedure – Post-Care Instructions

### First 6 Hours

#### What to expect

- Immediately after your HALO therapy, your skin will be swollen, red, and hot, with “salt” like specks appearing over the surface of your skin.
- Your skin will remain hot feeling like a “bad sunburn”, and may even feel like it is throbbing, for the next 2-6 hours depending on your reaction to the treatment and the depth of the treatment. This is normal and expected as a result of the HALO therapy.

#### What to do

- Stay hydrated by drinking plenty of water.
- Try to sleep with your head elevated at 30-45 degrees (1 or 2 extra pillows) to help keep the swelling down for the first 3-5 days after your HALO therapy.
- Continue your antiviral therapy if you were given a prescription. If you are prone to cold sores and were not given a prescription, please contact our office at once so that we can get a prescription to you to begin taking the medication at once.

#### What to avoid

- Avoid salty foods.
- Avoid the sun as much as possible, heating of the skin surface can delay healing.
- Avoid putting any sunscreen, or make-up on for the first 48-72 hours after HALO therapy.
- Avoid strenuous activity and exercise. This includes trying not to do any bending and lifting if possible. Try and keep your head above your heart.
- Avoid submersion of the treated area under water including baths, pools and hot tubs.
- Avoid saunas.



## Day #1 (first 24 hours)

### What to Expect

- Your skin will continue to be red, swollen, and feel tight and sensitive. The redness and swelling may be worse than immediately after the procedure, and this is entirely normal. It is very typical for the redness and swelling to peak (be at their most intense) the morning after the procedure. You may notice some bruising in the skin as well.

### What to do

- Gently clean your face. Using cool water and a gentle cleanser, you can clean your skin with your fingertips. Do not use a washcloth or gauze pads as they are too abrasive. No scrubbing.
- Gently apply Aquaphor or any other moisturizer (as directed by your aesthetician) with your fingertips as often as you like. Always start by applying to a small area and waiting a few minutes to ensure that the skin does not feel irritated or itchy before applying to the whole treatment area.
- Make sure to stay hydrated by drinking plenty of water
- Use Tylenol (NO NSAIDS) for discomfort/pain if needed as indicated.
- If swelling is uncomfortable or itchy, you may use Benadryl, Claritin, Allegra, or Zyrtec as indicated. Be careful as these medications can sometimes cause drowsiness or sedation.
- Continue taking any prescribed anti-viral medications. If you are noticing an outbreak of cold sores, please notify Dr. Goldman and his team immediately.
- Continue sleeping with your head elevated at 30-45 degrees (1 or 2 extra pillows) to help keep the swelling down for the first 3-5 days after your HALO therapy.

### What to avoid

- Please do not pick your skin, or itch your skin as this can cause harmful scarring and pigment issues to occur.
- Avoid sun exposure as much as possible.
- Avoid putting any sunscreen, or make-up on for the first 48 hours after HALO therapy. Dr. Goldman and his team can provide more detailed instructions for you regarding when it will be safe to resume these applications, and how to test the area to ensure it is safe.
- Avoid salty foods.
- Avoid strenuous activity and exercise. This includes trying not to do any bending and lifting if possible. Try to keep your head above your heart. Avoid any activities that can cause sweating.
- Avoid any submersion underwater including baths, pools and hot tubs. No saunas.
- If you want to walk outside, it is best to walk in the morning or later afternoon when the sun and heat of the day are less intense. You can always apply a cold compress or ice pack if you feel the skin heating up after being outside.



## Day #2

### What to expect

- Swelling continues, and can sometimes increase for the first 3-5 days after the HALO therapy, depending on your tissue response and the depth of the treatment.
- Your skin will start to feel tighter, and drier, and may even feel like sandpaper.
- You may notice dark spots coming to the surface of your skin. This is the sun damage and epithelial debris working its way to the surface. These spots will start to slough off during the normal healing process in the following 3-4 days.
- Itchiness may start to increase as the healing process continues.

### What to do

- Gently clean your skin using cool water and a gentle cleanser with your fingertips. Do not use a washcloth or any gauze pads as these are too abrasive.
- Gently apply Aquaphor or other moisturizers (as directed by your aesthetician) with your fingertips frequently (2-3 times / day or more). Always start by applying to a small area and waiting a few minutes to ensure that the skin does not feel irritated or itchy before applying to the whole treatment area.
- Continue keeping your body hydrated by drinking enough water.
- Please do not pick your skin, or itch your skin as this can cause harmful scarring to occur.
- You should sleep with your head elevated at 30-45 degrees (1 or 2 extra pillows).
- Use Tylenol (NO NSAIDS) for discomfort/pain if needed as indicated.
- Continue taking any prescribed anti-viral medications. If you are noticing an outbreak of cold sores, please notify Dr. Goldman and his team immediately.
- If you develop a fever above 101 degrees, please notify Dr. Goldman and his team immediately.

### What to avoid

- Avoid putting any sunscreen, or make-up on for the first 48 hours after HALO therapy.
- Avoid salty foods and make sure to stay hydrated by drinking plenty of water.
- Avoid strenuous activity and exercise. This includes trying not to do any bending and lifting if possible. Avoid any activities that can cause sweating.
- Avoid submersion underwater including baths, pools and hot tubs. No saunas.
- Please avoid scratching your skin as this can complicate the healing and scarring process. You can use Benadryl, Claritin, Allegra, or Zyrtec as indicated, but please note that these medications can cause sedation. You may also use a mild hydrocortisone cream for itchiness or swelling under guidance from your aesthetician or Dr. Goldman.
- If you want to walk outside, it is best to walk in the morning or later afternoon when the sun and heat of the day are less intense.
- Avoid any exfoliating creams or treatments including scrubbing type devices like Clarisonic.



## Days #3-5

### What to expect

- Dryness and swelling continue and may feel worse than the day before.
- Dark spots (epithelial debris) may worsen and appear darker or more numerous. These issues peak during this timeframe and then start to slowly resolve over the next week.
- Your skin will feel like “sandpaper” and have a rough texture to the touch. This will also resolve over the next few days to 1 week.
- Your skin may peel during this time period. Peeling is not universal after HALO therapy- it is a normal part of the healing process for some but not all.
- You may experience acne breakouts during this phase of healing, which presents as little white pustules. Please inform Dr. Goldman and his team if you develop acne that is accompanied by increasing redness or irritation.

### What to do

- Continue hydrating your skin with Aquaphor or other gentle moisturizers.
- Continue keeping your body hydrated by drinking enough water.
- You may use cold compresses and ice packs as needed.
- Continue any prescribed anti-viral medications.
- Continue any over-the-counter pain, anti-inflammatory, or anti-itching medications as indicated.
- You may start to use SPF sun protection, or make-up. When putting a product on a treated area of skin for the first time after HALO therapy, always start by applying a small (pea sized) amount of the product to a single spot. Wait 5 minutes to ensure there is no irritation or itching from this product before applying to the whole treatment area. Please consult with Dr. Goldman and his team with any questions.
- Reapply SPF sunscreen as necessary to keep sun exposure to a minimum.
- You may start normal daily routine functioning except for exertional activities/exercising.
- If you develop a fever above 101 degrees, please notify Dr. Goldman and his team immediately.

### What to avoid

- Please do not pick your skin, pick or scratch acne pustules, or itch your skin as this can cause harmful scarring to occur.
- Avoid any exfoliating creams or treatments including scrubbing type devices like Clarisonic.
- Continue to refrain from exercising, exertion, and any activity that causes sweating.
- Avoid submersion underwater including baths, pools and hot tubs. No saunas.



## Day #5-7

### What to expect

- Swelling, redness, itching, peeling/flaking, should all be starting to improve by the end of this first week.
- Your skin will still feel tight and dry.
- Dark spots should be starting to exfoliate, and diminish in appearance.
- Acne appearing as little white pustules may persist as the skin continues to heal. Please notify Dr. Goldman and his team if you start to get irritation or redness with these breakouts. Applying a warm compress to the acne may help release the pustules.

### What to do

- Continue hydrating your skin with Aquaphor or other gentle moisturizers.
- Continue any prescribed anti-viral medications.
- If you are prescribed a TNS Growth Factor Gel, or Hydroquinone, you will start using it during this time frame. Start by applying to a small focused area and waiting 5 minutes to ensure there is no irritation before applying to the entire treatment area.
- You may use SPF sun protection, or make-up. Reapply SPF sunscreen as often as necessary.
- You may start to use your regular skin care regimen, if you experience any irritation with application, stop applying and consult with Dr. Goldman and his team.
- You may start to exercise and exert yourself. Please start slowly- perform activity for 10-15 minutes and then stop and see how your skin feels. If you feel fine, you may proceed for longer periods of time or more intense exercising. If your skin is throbbing or feels like it is getting swollen, apply cold compresses or ice packs and wait 24-48 hours before trying exercising/exertional activities again.
- You may resume normal daily routines except for pools and hot tubs. You may submerge in a bath tub as long as you do not feel irritation from doing so.
- If you develop a fever above 101 degrees, please notify Dr. Goldman and his team immediately.

### What to avoid

- Please do not pick your skin, pick or scratch acne pustules, or itch your skin as this can cause harmful scarring to occur.
- Avoid any exfoliating creams or treatments including scrubbing type devices like Clarisonic.



## Week #2, and the following months

### What to Expect

- Depending on the depth and intensity of the treatment, or your skin's reactivity to the treatment, you may still have some degree of swelling, redness, and dryness of your skin. These issues should continue to resolve during this second week.
- Dark spots will continue to fade.
- Your skin may look a little pinker, or rosy than usual, and will be more apt to turn redder faster while exercising, exerting yourself, or with sun/wind exposure. The healing process causes increased vascularity during the first few weeks after the treatment which is the cause of this phenomenon. These issues will fade slowly over the next 1-2 months after the treatment.
- Lines and wrinkles in your skin will start to plump up and appear smoother. This may be most noticeable in the fine lines around the eyes, mouth and in the cheeks. This process only starts to happen 2 weeks after the treatment and will slowly improve over the ensuing 3-6 months as part of the long-term healing process.
- The changes to your skin from a HALO treatment are gradual. The results take weeks and months to fully develop.

### What to do

- Continue to use your TNS Growth Factor product to facilitate ongoing collagen support.
- Continue to use SPF 30 or higher sunscreen on a daily basis and reapply throughout the day (every 1-2 hours) if you will have sustained sun exposure, or are exercising / sweating or submerging in a pool.
- You may now resume all skin therapies including exfoliating/scrubbing devices.
- Come in for pictures at 2-3 months after the HALO therapy to see the improvements in your skin.
- HALO is the gift that keeps on giving. Your skin will continue to improve for 3-6 months after the treatment in a gradual fashion.
- Your next HALO therapy can be scheduled as soon as 2-3 months after your first treatment.
- Remember to love and take care of your new skin!

This HALO therapy packet is meant to help guide you through normal expectations and basic instructions after the procedure. Please do not hesitate to reach out to Dr. Goldman and the Laser and Cosmetic team with any questions regarding this packet, or your HALO treatment.

The process of improving your skin, removing sun damage, and stimulating changes to your collagen is uniquely addressed in productive ways by the HALO

laser therapy. While your skin's response to the treatment may be different from that of other patient's responses, most people who undergo this treatment see positive improvement in sun damage, skin thickening and tightening, as well as a softening of fine lines and wrinkles to varying degrees. Your skin should appear smoother, thicker, tighter, even toned, and overall more youthful. This is what we refer to as the HALO Glow!

We will customize your HALO therapy treatment plan to match your comfort level, and accommodate your lifestyle. Our goal is to partner with you to achieve positive changes to your skin that are appropriate, natural, and satisfying.

Thank you for allowing us to partner with you. We look forward to providing your HALO treatments, and working with you to reach your goals.

We sincerely appreciate the trust you are placing in our practice.



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