



BOULDER VALLEY  
**Laser & Cosmetic**

## HALO Procedure

At Boulder Valley Laser & Cosmetic, we always approach every facet of your care openly and honestly, with an emphasis on educating you to the best treatment options available, and achieving excellent, natural outcomes.

Please use this guide as a resource to help you through the HALO therapy process. We developed it to help educate you about HALO therapy, and to make our relationship with you as productive as possible!

HALO laser therapy is a very effective process to help bring positive changes to your skin. The goals of HALO therapy are to reduce sun damage and brown spots, to improve skin tone, and stimulate collagen production in your skin causing a thickening, tightening, and overall smoothing of the texture of your skin.

In the process of facilitating these skin changes, HALO laser therapy may cause an inflammatory response in your skin during the first 1-2 weeks after the procedure. You should prepare for some downtime, which will vary between patients, but can be as little as a day or two, or as long as 1-2 weeks. Your skin's response (the degree of inflammation you experience) will depend on many factors including the depth and intensity of the laser energy applied, and your body's unique reaction to this therapy.

The information presented here is meant to serve as an overview. Dr. Goldman and his team are available for any clarifications, or questions you may have about HALO therapy.

## Preparing for your HALO

### 1-2 Weeks before your HALO

1. Stop all supplement use for 2 weeks prior to the HALO therapy (if possible). This includes Fish Oil, Glucosamine/Chondroitin, Vitamin C, Vitamin E, Garlic oil, Ginseng, Gingko, St. John's Wort, and all other supplements. You do not need to stop taking Vitamin D, Calcium, or Magnesium. Supplements can cause thinning of your blood and increase your risk of swelling, bruising, and bleeding HALO laser treatment.
2. Stop all topical facial treatments (retinol, or Retin A, serums, hydroquinone, exfoliating treatments, etc.) for 1 week prior to your HALO therapy. You can continue to use basic moisturizers, cleansers, and SPF 30 or higher sun protection up to the day of the treatment.
3. Avoid Spray tan and topical tanning agents for 7 days prior to your HALO therapy.
4. Avoid waxing, threading, facials, chemical peels, electrolysis, other laser treatments, and excessive sun exposure for 2 weeks prior to treatment. Swelling in the treatment areas can affect the results of the HALO therapy.
5. Smoking and Alcohol can delay healing after HALO therapy and dramatically increase the risk of complications. Please inform our staff if you intend to use tobacco or alcohol during the post-treatment period. Stopping alcohol and tobacco use for 2 weeks prior to the HALO therapy is strongly recommended for optimal results.

### 1-2 Days before your HALO

1. Please come in for your HALO treatment well hydrated, by drinking extra water for the 1-2 days before your treatment.
2. Pick up all your post-treatment regimen products prior to your HALO therapy so that you have them ready for use at home after the treatment. This might include Aquaphor, Ceramide cream, or other moisturizers, medications (antiviral, over the counter pain medications), or topical cleansers like Eucerin, Cetaphil, or Cerave.
3. Putting wet gauze pads, or wet washcloths in the freezer can serve as excellent cold compresses after the procedure.
4. We strongly recommend TNS Growth Factor products from SkinMedica after your HALO therapy to help continue the process of collagen stimulation and restoration. Our team can help recommend the right product for you.

### Please let us know...

1. Inform Dr. Goldman or our team if you have a history of peri-oral herpes or cold sores. Laser treatments can trigger a flare up if you have had them in the past. We will prescribe an anti-viral medication before your HALO to help prevent this from occurring.
2. Numbing cream containing Lidocaine, Benzocaine, and Tetracaine will be applied about one hour prior to your procedure. If you have any history of allergic reaction to these or other related topical anesthetics (Novocain etc.), please inform Dr. Goldman or our team at once to avoid any complications and discuss options.