HALO

PRE & POST CARE

2 Weeks prior to Treatment

- Discontinue retinoids, tretinoin, glycolic acid, salicylic acid, hydroquinone, and other strong actives.
- Avoid chemical peels, waxing, microneedling, or IPL on the treatment area.
- Avoid sun exposure and self-tanners.
- Begin using a broad-spectrum mineral SPF 30+ containing zinc oxide daily.
- Maintain adequate hydration (at least 64 oz water daily) and a diet rich in antioxidants.
- Notify your provider if you are taking photosensitizing medications, Accutane, or antibiotics, or if prone to cold sores (you may need an antiviral prescription).
- Optional skin prep: Apply Alastin Regenerating Skin Nectar twice daily for two weeks before treatment to strengthen and prepare the skin barrier.

24-48 Hours Prior

- Avoid alcohol and NSAIDs (ibuprofen, aspirin) to minimize bruising.
- Gently cleanse skin without exfoliation.
- Arrive to your appointment with clean, product-free skin.

IMMEDIATELY AFTER TREATMENT

Cleansing

- Wash with a gentle cleanser such as ZO Gentle Cleanser, CeraVe Hydrating Cleanser, or Cetaphil Gentle Cleanser.
- Use cool water and pat dry gently with a clean towel, avoiding rubbing.

Cooling & Comfort

- Apply cool compresses or ice packs (10–15 minutes on/off) immediately after treatment to reduce heat, swelling, and discomfort.
- Take Benadryl 25 mg and/or Tylenol 1000 mg as needed for sleep or comfort.

Discomfort Relief & Anitmicrobial Care

- Begin white-vinegar soaks:
- Mix 1 tsp white vinegar with 2 cups water (or 1 Tbsp vinegar + 1 cup sterile/distilled water). Soak gauze or a clean washcloth and apply for 10–15 minutes. Perform soaks every 2 hours for the first 48 hours, then 3–5 times daily during the first week.
- Apply Hypochlorous Acid (HOCl) spray several times per day and allow to air-dry.
- Apply CO_2Lift Pro Mask once daily for the first 3 days to hydrate and calm inflammation.

Optional In-Office Add-On:

- AnteAGE Exosomes may be applied immediately post-laser by your provider to boost healing, reduce inflammation, and enhance collagen remodeling. Any remaining product is sent home for continued use the same day.

See back for Post-Care →

DAYS 1–3: EARLY HEALING PHASE

- Cleanse gently twice daily with cool water and a mild cleanser.
- Discontinue icing after Day 0. You may continue cool compresses as needed.
- Continue vinegar soaks 2–3 times daily if itching or tightness persists.
- Apply products in the following order:
- HOCl Spray – let air dry.
- AnteAGE Exosomes(optional).
- Hyaluronic Acid Serum
- Barrier Repair Cream or Ointment or Mystro or Restorative skin complex
- Continue CO_2Lift Pro Mask daily through Day 3 only.

DAYS 4–7: REPAIR & RESTORATION

- Continue gentle cleanser twice daily.
- Taper vinegar soaks once discomfort subsides.
- Maintain your layering routine (HOCl → HA → Barrier Cream).
- Use a gentle moisturizer (CeraVe, Cetaphil or Alastin)

DAY 7 AND BEYOND: MAINTENANCE PHASE

- Continue HOCl Spray 1–2 times daily until redness resolves.
- Continue HA Serum + Barrier Repair morning and night for ongoing restoration.
- Begin broad-spectrum mineral SPF 30+ once there are no open areas (typically 48–72 hours post-procedure).
- Resume active ingredients (retinoids, vitamin C, exfoliants) only after provider approval, typically 10–14 days post-treatment.

GENERAL GUIDELINES

- Continue HODo not pick, scratch, or peel the skin. Allow natural shedding.
- Avoid heat exposure (saunas, hot showers, strenuous exercise) for 48–72 hours.
- Avoid makeup until all flaking and peeling have resolved.
- Use clean pillowcases and towels daily for the first week.
- Stay hydrated and protect your skin daily with sunscreen and shade.

WHEN TO CONTACT THE OFFICE

Call 702-246-2238 if you experience:

- Increasing pain, warmth, or throbbing after the first 48 hours
- New or spreading redness beyond the treated area
- Yellow, green, or thick drainage or odor
- Fever above 100.4 °F (38 °C)
- Blistering or swelling not improving with cool compress
- Delayed healing beyond 10 days or pigment concerns

Your comfort and safety are important. Please contact the office with any questions or concerns.

POTENTIAL SIDE EFFECTS

- Hyperpigmentation - This is rarely seen.
  - Please avoid sun exposure before and after the procedure.
- Redness and inflammation.
- Bleeding - Bleeding problems are rare. Do not stop any blood thinners. Let us know if you have any bleeding disorders.
- Infection - Please call office if you develop an increase in pain and/or swelling, fever, visible signs of infection, or itchy rash.