

lachele

AESTHETICS & WELLNESS

Halo Post Treatment Instructions

WHAT TO EXPECT

- **Redness & swelling:** Normal and may increase within the first few days. Swelling can be more intense due to the pre-treatment BBL (*Broad Band Light*).
- **Warmth:** Treated areas may feel very warm for 12-24 hours.
- **Pinpoint Bleeding:** May occur for up to 12 hours.
- **MENDS Formation:** Tiny dark spots and rough texture appear by day 2-3; skin will flake and peel naturally over 5-7 days (*up to 2 weeks for body areas*). Do not pick the area.

CARE INSTRUCTIONS

- **Applying ice** during the first 24 hours can help minimize swelling and relieve discomfort. Always use a protective barrier between your skin and the cold source to prevent cold injury. Apply ice for 10-15 minutes per hour.
- An oral, non-steroidal anti-inflammatory (*NSAID*), such as ibuprofen (*Advil*), may be taken to reduce discomfort. Use according to the manufacturer's recommendations.
- Sleep with head elevated (*extra pillows*) the first night to minimize swelling. Take Claritin D/Allegra 24 (*day*) or Benadryl/Advil PM (*night*) as needed for swelling. **Do not pick, rub, or force peeling skin**, as this can cause scarring.
- Moisturize often and wash skin gently to aid in healing.

WHAT TO AVOID

- **Do not use any alcohol-based products** or toners until the skin is back to baseline. **Avoid** the following cosmetic products until the skin is back to baseline: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, exfoliants, and Ascorbic Acid (Vitamin C)**.
- **Avoid extreme temperatures** such as hot showers, saunas, and excessive sweating. Avoid harsh chemicals (*swimming pools, hot tubs*).
- Wait until peeling is complete to apply any makeup products.

WHAT TO USE

- Your skin will **feel very dry for a week**. Hydrate as needed with a gentle moisturizer. **Alastin Skin Nectar** is a popular post laser product. Use immediately post treatment
- If want to boost results with exosomes. Use **Plated Intensive Repair Serum** (it can sting in first few days so do a test spot) or **SkinMedica TNS Recovery Complex**. Start using on the day you can tolerate it. All of these products are sold in our offices.

SUN PROTECTION

- Use a broad-spectrum SPF 30+ daily, starting the day after treatment, reapplying every 2 hours. We highly recommend our selection of **Elta MD Sunscreens**. Avoid direct sun exposure, wear protective clothing, and a hat.

WHEN TO CALL US

- Excessive swelling, white/yellow discharge, fever (100.4°F+), or extreme itching.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com