

THE STERN CENTER

FOR AESTHETICS

Halo® Plus Hybrid Laser

The Halo Plus is a hybrid fractionated laser that treats the skin in controlled zones and delivers laser energy into the skin. Halo Plus applies a tunable non-ablative (1470nm) and an ablative (2940nm) wavelength to the same microscopic treatment zone to maximize results and downtime. While treating the epidermis and dermis simultaneously, Halo Plus address signs of aging skin, pigmented lesions, refines pore size and improves elastosis, fine lines, and skin texture.

Pre-Treatment Guidelines:

- If you have a history of the HSV-1 virus, you will need a prescription prior to your appointment for an antiviral medication. Follow the instructions on the bottle as directed by your medical provider
- As prevention for acne and skin infection, we will prescribe an antibiotic prior to your appointment.
Follow the instructions on the bottle as directed by your medical provider
- Wait 3-6 months before treatment after taking Accutane
- Discontinue the use of aspirin and Ibuprofen 3-5 days prior to treatment
- If you are taking anticoagulants, please let your provider know
- Avoid treatment if you are pregnant or lactating
- Discontinue the use of Retin-A (tretinoin) 5 days prior to treatment
- Depending on your skin type, or if you have a history of melasma, it is beneficial that you pretreat your skin 3-4 weeks with a 4% Hydroquinone. Your skincare provider will discuss this with you.

Day Of Treatment:

Apply the BLT numbing cream to clean skin with gloved hands:

- 45minutes-1 hour prior to leaving for your appointment apply the BLT
- 30 minutes after 1st application, apply a second layer of BLT cream to the treatment area. You will arrive very numb. **AVOID GETTING IN EYES AND MOUTH**

Post- Treatment Guidelines:

- Immediately after treatment expect intense heat, redness and swelling, and possible pinpoint bleeding

- *After treatment, apply the given Velez calming mask to your skin and follow the directions on the back of the mask. You may use it up to 3 times. Keep it clean with cool water*
- *Spray skin with the Velez spray as needed to help calm the heat sensation and to prevent acne/bacteria from forming*
- *Apply a wet cool compress to your skin if you need extra cooling, **avoid ice***
- *When the skin cools down, apply the Alastin Skin Nectar several times daily as needed*
- *Cleanse skin the next day with products provided and then apply the Skin Nectar*
- *If you still feel dry, apply the Alastin Ultra-Light moisturizer as needed*
- *If you become itchy, you may apply a 1% OTC hydrocortisone cream to your skin 1-2 daily for 2-3 days*
- Days' 2-7 expect redness, swelling, dry, crusty, sandpapery, bronze toned skin. When the skin is treated, your body goes into healing mode. This "mode" or sandpapery skin is called MENDS (microscopic epidermal necrotic debris). The skin becomes discolored and scabby
- Take an antihistamine such as a Benadryl or an Allegra to prevent swelling and sleep at a 45-degree angle
- Cleanse skin am/pm beginning the day after treatment
- Days' 5-7 (10 for body treatments) The MENDS will begin to loosen and fall off your skin when you cleanse your skin. Once all the MENDS fall off over the next few days expect new skin to surface.
- Apply sunscreen to your skin after 24 hours
- Wait 24 hours to apply makeup to your skin
- Avoid "active" tanning, spray tanning, and skin bronzers for a 4 week post treatment
- Avoid facial waxing, threading, tweezing for 4 weeks post treatment
- Avoid picking and scrubbing your skin aggressively
- Avoid chemical peels or products with active ingredients for 4 weeks post treatment
- You may experience mild acne purging 2 weeks post treatment
- Follow up with a BBL 4-6 post treatment/then quarterly to maintain your results