

## Halo Fractional Laser for Skin Resurfacing

If you want to refresh your skin with amazing results without weeks of downtime, then Halo Laser is your answer. This technology treats years of sun damage in just one session – improving discoloration, fine lines, and evening out skin tone. You'll see glowing results within one week, with continued collagen production that keeps your skin improving for months.

Halo Laser targets the skin at multiple levels to stimulate deeper collagen remodeling while resurfacing the outer layers for smoother, brighter skin – the ultimate multitasking! We love the Halo technology over other resurfacing lasers for several reasons: less pain, shorter downtime, and consistent results. Glowing skin and results are visible after one treatment, but a series of 2-3 monthly treatments will give you even better results if you have more sun damage. We also recommend a yearly maintenance treatment to keep the collagen and resurfacing going over time.

Most patients benefit from a medium treatment (20% density) - \$1500 for the face / \$2000 for face and neck. We can go heavier or lighter on the treatment for more/less cost and downtime. For ultimate results, we recommend adding Ariessence growth factor to the end of your treatment for \$350 extra. This treatment booster will speed up healing and improve collagen production for the best results possible.

### Before the treatment:

- Please ensure that you are ON TIME for your appointment, as you will need a full hour of topical numbing for this procedure. Most patients tolerate the procedure well with just the topical numbing cream. (It hurts less than Fraxel and Morpheus8). If you are concerned about pain, you can add Pronox (laughing gas) to your procedure. This is available for \$100 (with new tubing) or \$85 (if you bring your used tubing).
- If you have a history of cold sores, you will need to take an antiviral pill on the day of the procedure to prevent flare-ups. Please notify our office if you need a Valtrex prescription. This prescription should be started the morning of the procedure, if possible, or at least immediately thereafter.
- Discontinue all retinols, glycolic acid products, salicylic acid washes or creams, and anti-aging/skin firming products 1-3 days before the procedure (if possible) in order to minimize any irritation.
- On the day of the procedure, please arrive without make up (if possible) and wear a lower-cut, buttoned shirt, t-shirt, or tank top. Bring a wide-brimmed hat for proper sun protection as well as a hand fan or neck fan to ease the discomfort on your way home (available at Amazon). Also, remove all facial/neck jewelry and face/ear piercings prior to treatment. Or better yet, leave them at home to prevent possible misplaced or lost items.
- Notify us immediately if you have any of the following which may completely prevent you from receiving this treatment: metal implants in the treatment area, poorly controlled diabetes, connective tissue disorders, HIV or are on immunosuppressive medications or chemotherapy, current cold sores or active bacterial infection in the treatment area, skin cancer in the treatment area, pacemakers, cardioverters, or other implantable devices.

### Aftercare:

- **Right after the procedure** (and for the rest of the day), your skin will be very hot, red and stingy, similar to a strong chemical peel. We recommend bringing a portable fan (or neck fan from Amazon) to comfort the skin. On the first evening, rinse with water only, then apply the recommended healing ointment (CeraVe Healing Ointment or Aquaphor). You can also apply plain aloe vera gel first for a soothing effect. Avoid makeup this first day. Also avoid strenuous exercise, hot tubs, and severe sweating for 24 hours after your treatment. Take a Zyrtec or other antihistamine twice a day and sleep elevated to help with the swelling that is starting.
- **Day 2-3:** The red, sunburn sensation will start to fade, but the swelling will become more significant. Your skin will start to feel dry and rough, like sandpaper. You may notice a "bronzed" look to the skin as the old skin is coming to the surface. In the morning, wash your face with a gentle cleanser and apply your

healing ointment and gentle moisturizer before applying a gentle mineral sunscreen. Elta UV Skin Recovery is best for irritated skin after lasers. We carry this at the office for our patients. Clean makeup can be applied to the skin after 24 hours. Avoid any of your regular skincare products (vitamin C, glycolic acids Retin-A, etc) while the skin is healing. Also, it is important to avoid picking or scratching any crusted areas, as this will encourage scarring. You can resume all normal activities the day after your procedure and return to work. However, we would not recommend that you have this procedure done for 1-2 weeks before an important event such as a wedding or business meeting.

- **Day 3-5:** Flaking will become more prominent as fresh, new skin arises, first around the mouth area then spreading outward. Swelling will start to subside after the first few days. Don't forget the sunscreen and hats still!
- **Day 6-7:** The majority of the flaking is complete. Your new skin has a fresh, healthy glow. Prepare yourself for the unsolicited compliments! One week after your procedure, you should be completely back to normal and ready to start growing some collagen. The skin continues to remodel beneath the surface, with results building over the next 3-6 months. We always recommend that you supplement with daily collagen or Juven Therapeutic Nutrition Drink Powder for one month after each treatment. (I actually recommend daily collagen supplements long-term for optimal results). Juven contains collagen along with other supplements to optimize collagen growth. We can give you more information and instructions in the office.