

### **Post Care Halo Instructions**

#### **WHAT TO EXPECT:**

- **Feeling of Warmth:** The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.
- **Redness:** Redness is normal and expected. Redness generally increases in intensity for the first few days after the treatment with day 3 usually being the most intense. Redness can persist up to 7 days depending on the intensity of the treatment.
- **MENDS (microscopic epidermal necrotic debris—the brown sandpaper bumps)** will appear on the 2<sup>nd</sup> or 3<sup>rd</sup> day after the treatment as tiny dark spots and bronzed appearance to the treated skin.
- **Pinpoint bleeding:** May occur depending on the intensity of the treatment and can last for a few hours up to 12 hours.
- **Swelling/Edema:** Swelling is common and expected immediately after the treatment. If you experience excessive swelling or any of the following signs of infection (pus drainage, fever, extreme itching) contact the office immediately at 513-791-9474 ext. 2

#### **WHAT SHOULD YOU DO:**

- Cold compresses may provide comfort during the first 12 hours. Do not use frozen ice packs.
- Avoid the sun and strenuous exercise until the skin is completely healed.
- Do not scratch or exfoliate your skin. Allow the MENDS to exfoliate off naturally.
- Sleep in an elevated position for the first 2-3 nights. Zyrtec or Claritin can be taken in the morning and/or evening to help with swelling.
- For women: use EltaMD tinted sunscreen as makeup until the skin has fully healed. Once skin heals, normal makeup routine can be resumed.

#### **SKIN CARE REGIMEN**

*\*\*It is recommended to ONLY use the products provided in the bag. Do not substitute products. Results cannot be guaranteed if other products are used and adverse skin events may occur.\*\**

AM and PM: Gently cleanse the skin with the Cetaphil cleanser

AM and PM: Apply the Cetaphil moisturizer

AM: Apply Elta MD sunscreen

AS NEEDED: Spray Avene Thermal Spring Water liberally on face and use fan until extreme warmth subsides (typically 1-2 hours after treatment)