

HALO Laser Pre & Post Care

Pre-Treatment Care

To ensure safe treatment and optimal results:

- Avoid sun exposure, tanning beds, and self-tanners for at least 2 weeks prior
- Apply broad-spectrum SPF 30+ daily
- Discontinue retinol, tretinoin, glycolic acid, salicylic acid, and exfoliating products for 5 days prior
- Avoid waxing, chemical peels, or other aggressive treatments in the area for 5–7 days prior
- Notify our office if you have:
 - An active cold sore (HSV)
 - Skin irritation, infection, or open lesions
 - Recent antibiotic use or new medications
- Arrive with clean skin (no makeup, lotion, or SPF)
- Preparing your skin with medical-grade skincare is strongly recommended for optimal outcomes

Post-Treatment Care

HALO is a hybrid fractional laser—your skin will go through a controlled healing and renewal process.

What to Expect

Immediately after treatment (first 24 hours):

- Redness, warmth, and a sunburn-like sensation

Days 1–3:

- Redness and mild swelling

Days 2–5:

- Development of MENDS (Microscopic Epidermal Necrotic Debris)
- Skin will feel rough, dry, and “sandpaper-like”

Days 5–7:

- MENDS will darken and naturally flake off, revealing refreshed skin

| Do not pick, rub, or exfoliate—this can cause irritation or pigmentation changes

Swelling & Comfort Management

- Swelling is normal and typically resolves within a few days

- Consider:
 - Antihistamines (Zyrtec or Claritin)
 - Sleeping with your head elevated
- Apply cool compresses as needed (no direct ice on skin)

Skincare & Healing

- Use a gentle cleanser and hydrating moisturizer
- Keep skin well hydrated throughout healing
- Avoid:
 - Retinoids, Vitamin C, and exfoliating products for 7 days
 - Any harsh or active skincare until skin is fully healed

Activity & Heat Restrictions

Avoid for 48 hours:

- Exercise or heavy sweating
- Hot showers directly on the face
- Saunas, steam rooms, and hot tubs

Sun Protection (CRITICAL)

- Avoid direct sun exposure during healing
- Apply SPF 30+ daily and reapply every 2 hours
- Wear hats and protective clothing when outdoors

Makeup

- You may apply mineral makeup after 24 hours, if skin is not irritated

When to Contact RN Esthetics

Please notify us if you experience:

- Oozing or crusting
- Blistering
- Severe or worsening swelling
- Increasing pain or discomfort
- Any signs of infection or unexpected reaction

Pro Tip

HALO delivers both immediate glow and long-term collagen stimulation. For best results, combine with a customized skincare regimen and maintenance treatments as recommended by your provider.