

PRE-CARE HALO/PROFRACTIONAL:

Obtain: Oral antihistamines like Allegra, Claritin, or Zyrtec for daytime AND oral Benadryl for nighttime. Start your daytime antihistamine THE DAY BEFORE your treatment. Antiviral prescription (if you have a history of cold sores) and begin taking THE DAY BEFORE your treatment.

1. ABSOLUTELY Avoid any type of sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.

2. Do not use any self-tanning lotions in the month prior to treatment.

3. **Stop using Retin-A, Renova, Differin, and all other retinoid and/or anti-aging products for one week prior to treatment.**

4. You may need to use Hydroquinone Cream to reduce the possibility of complications. If you do, a prescription will be called into the pharmacy of your choice.

. Start hydroquinone nightly 2-3 weeks prior to Halo/profractional.

. Stop 3 days prior to Halo/profractional

. Resume for 1 month after Halo/ profractional. You may use your hydroquinone once daily for 8 weeks, taper off, then stop for 8 weeks.

5. Please inform us if you have any history of "herpes", "cold sores", or "fever blisters". In such instances, we recommend taking Valtrex 500mg, 1 tablet twice a day for 2 days starting on the day before the laser treatment. Like sunlight, laser light may cause a cold sore or fever blister leading to more serious complications.

6. Avoid all NSAIDS (ibuprofen, aspirin) and alcohol consumption 5- days prior to appointment. If you are on a prescription blood thinner (anticoagulant), please inform your provider. Should the need arise, you may safely take Tylenol before treatment for pain and discomfort. ● Stop the following 5-7 days prior to appointment: Vit. E, fish oil, ginkgo biloba, Glucosamine, green tea, garlic, and St. John's Wart. ● If you are on antibiotics or have an active infection in the 2 weeks before your appointment, please inform your provider. ● If you are pregnant or breastfeeding, please inform your provider. ● For your safety, we prefer that you not have any dental work or vaccines 2 weeks before and after your treatment.

POST-CARE HALO/PROFRACTIONAL:

1. Intense burning, redness, warmth, and a sunburned sensation are normal responses following ProFractional™ resurfacing. The discomfort and redness generally last 2-8 hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Tylenol can be taken as directed for pain.
2. Soothing balm should be applied constantly during the first 3-4 days. It is important for the treated area to remain soft and pliable during healing. The skin should not be allowed to dry out.
3. Within 48 hours the redness will have significantly improved. The day after the procedure, your skin may feel tight, swollen, or itchy.
4. Some patients will wake up with facial swelling, particularly around the eyes, for several days following the treatment. This is normal and usually resolves within 3-5 days.
5. Quick cool to warm showers are recommended for the first 3 days.
6. Aerobic exercise, saunas, and hot tubs should be avoided for 3 days.
7. Avoid use of topical skin care products containing glycolic acid, or salicylic acid for 1 week.
8. Makeup can be used on the third day after the procedure. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care.
9. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT.** A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.
10. For patients who have a history of frequent cold sores, you should be taking an anti-viral medication such as Valtrex or Famvir for 5 days after the laser procedure.
11. Remember, ProFractional™ resurfacing typically requires multiple treatments to achieve the desired results. ProFractional™ stimulates collagen remodeling in the skin that occurs over a 3-6 month's period.

