



# AFFILIATED TROY DERMATOLOGISTS

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## What is Halo™ Laser Skin Rejuvenation?

The Halo™ laser is a highly customizable treatment that provides intensive skin rejuvenation. Because it can combine two types of lasers into one treatment, it can effectively treat a wide range of skin problems. **Halo™ can treat signs of aging, sun damage, and uneven skin tone.** We can adjust it to one of three settings based on your needs.

## How Does Halo™ Laser Treatment Work?

Most lasers are either ablative or non-ablative. Ablative lasers remove the outer layers of skin, while non-ablative lasers do not. Halo™ can act as both types of lasers during your treatment, allowing you to enjoy the benefits of both lasers with one system.

Halo™ is a [fractional laser](#) that creates micro-channels in the skin. These micro-channels trigger collagen development to tighten and firm your skin. Treatment also removes old, damaged cells and brings healthy, vibrant-looking cells to the surface.

## The Results you will See with Halo™ Laser Skin Rejuvenation.

Results from Halo™ skin rejuvenation will start to develop within a few days of treatment. Increased collagen production continues for several months. **The results of Halo™ laser treatment usually last [one to two years](#).** You can schedule another treatment as needed to maintain your firm, vibrant-looking skin. Results last longer if you maintain consistent sun protection and an anti-aging skincare routine.



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## How to Prepare for Halo™ Laser Treatment

Preparation for Halo™ laser treatment will minimize your risk of side effects and make sure you heal quickly.

*We recommend that you follow these [tips](#) to get the best, safest results:*

### You should arrive for treatment with clean, makeup-free skin

**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. Stop smoking 48 hours before treatment.
2. 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.
3. Do not use any self-tanning lotions in the month prior to treatment.
4. **Stop using Retin-A, Renova, Differin, and all other retinoid and/or anti-aging products for one week prior to treatment.**
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.
7. Stop the following 5-7 days prior to appointment: Vit. E, fish oil, ginkgo biloba, Glucosamine, green tea, garlic, and St. John’s Wart.
8. If you are on antibiotics or have an active infection in the 2 weeks before your appointment, please inform your provider.
9. If you are pregnant or breastfeeding, please inform your provider.
10. For your safety, we prefer that you not have any dental work or vaccines 2 weeks before and after your treatment.



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## **POST-CARE HALO/FRACTIONAL laser:**

1. Intense burning, redness, warmth, and a sunburned sensation are normal responses following Fractional™ 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 shower is 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 2 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 for 5 days after the laser procedure.
11. Remember, Fractional™ resurfacing typically requires multiple treatments to achieve the desired results. Fractional™ stimulates collagen remodeling in the skin that occurs over a 3-6 month's period.

