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AESTHETICS & WELLNESS

Halo Pre Treatment Instructions

- The Halo Pro is delivered through a focused scanning device that precisely removes channels of tissue by vaporizing (heating to high temperature) the water within tissue. The device has the ability to create micro channels while leaving the area around the channels intact and creates microscopic columns of wounded tissue that stimulates new collagen.
- Laser treatment procedures may produce patterns visible on the skin. This event usually fades while in the healing phase.
- A topical anesthetic is used to lessen the sensation of the laser as it interacts with the skin. The sensation, while being treated, may feel like pin pricks, bursts of heat, or similar to a sunburn. There are known severe allergic reactions to ingredients in topical anesthetics. Patients with known allergies to anesthetics must disclose this information to their provider.
- If you have previously suffered from facial cold sores, there is a risk that this treatment could contribute to a recurrence; please inform your provider immediately if you suffer from cold sores.
- You must not have taken the medication Accutane or its generic forms within the last year may have this procedure.
- Skin care or treatment programs may be used before and after laser skin treatments in order to enhance the results.
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment.
- Please show up to you appointment with no makeup on.
- Avoid sun exposure and sunless tanning for 14 days prior to your treatment.
- §Avoid Motrin, Aspirin, Ibufrofen, Fish oils, Vitamin E and any other blood thinners 5-7 days prior to your procedure. If you are on a prescribed blood thinner please let your provider know.

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- The procedure necessitates a post treatment wound care regime that must be followed. Your provider will review post treatment products to be used.
- The Halo Pro fractional laser treatment may produce pinpoint bleeding in the area of the channels. This event usually subsides in a few minutes to a few hours. More uncommon, it can persist up to 24 hours.
- Redness and exfoliation (flaking of skin) is associated with this procedure and may last from 3-5 days depending on the depth and concentration (percentage) of the laser channels of the treatment performed. You may notice a sandpaper texture and bronzing of the skin as the microscopic columns begin to heal. This is treated tissue working its way out as new skin is regenerated. Keeping the area moisturized will aid in the healing process. Please refer to our recommended topicals on the Halo Post Care Instructions document.
- Common side effects and risks
 - Edema (swelling) of the skin may occur and can be minimized by keeping the area upright.
 - Urticaria (itching) often times occurs as the old skin is shed and the new skin is being formed.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com

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- Erythema (redness) is normal and expected after Halo, this can continue for up to 7 days. It is common for redness to increase in intensity the first few days after treatment.
- Pinpoint bleeding may occur. This can last up to 12-hours depending on the treatment depth.
- Immediately after treatment, swelling is common and expected. Use of a cold compress or ice packs will help to relieve the swelling.
 - To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
 - Swelling may last up to 4 days depending on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment. Gentle use of cold compresses or ice packs may provide comfort during this time.
- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. This is called the MENDS (microscopic epidermal necrotic debris). In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, the microscopic wounds, known as MENDS, contain large amounts of melanin. Because there are so many MENDS, they can make the skin look bronzed and small areas appear crusted (do not try to scratch them off). This is part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel.
 - If the face is treated, it could take 5-7 days for the peeling process to be completed. If the neck, chest or anywhere on the body was treated, this process could take up to 2 weeks.
- If you have a history of cold sores, an antiviral will be prescribed for you. Please take this medication as directed.

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- Post treatment discomfort may be relieved by over an oral, over the counter pain reliever such as Extra Strength Tylenol. Please use according to manufacturer's recommendations.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur.
 - We recommend applying moisturizer liberally over the treated zones and please reapply whenever your skin feels dry!
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.
- Treat skin gently:
 - It is advised that you avoid use of any exfoliants including: Retin-A, salicylic acid, glycolic acid, alcohol-based cleansers until your skin returns to normal.
 - It is recommended to use a mild cleanser twice per day with lukewarm water (our choice: Skin Medica Facial Cleanser); avoid aggressive scrubbing of the skin, doing so could result in scarring and pigmentation complications.
 - Avoid washcloths, loofahs, Clarisonic brush, etc. for one week post treatment.
 - When showering, avoid getting shampoo on the treated zones.
 - Skin may be temperature sensitive at this time, avoid extremes of temperature when cleansing.
 - Avoid activities which will result in excessive sweating such as intense work outs, saunas or steam rooms, hot water on the face while showering until skin has healed.
 - Harsh chemicals found in: swimming pools, hot tubs, Jacuzzis should be avoided.

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- Moisturize daily. Recommended products include the following which are non-occlusive and noncomedogenic:
 - La Chele Moisture 150
 - La Chele Hyaluronic boost
- Anti-aging products (can start 24 hours later):
 - TNS Recovery Complex
 - TNS Advanced Plus Serum
 - La Chele Line Free Serum
 - Alastin Skin Nectar
 - Plated Intensive Repair Serum .5 oz
- For additional relief and hydration, we recommend MTS Gel Peptide masks, also sold in our locations.
- Make-up can be applied 3-5 days after procedure however, we do recommend waiting until the peeling process has completed.
- If EXTREME itchiness occurs and moisturizing is not helping, you may use over-the-counter topical Hydrocortisone 1%. Please do not use more than twice daily for a maximum of 3 days.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.

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- Sunscreen is a MUST and should be used daily beginning the day after treatment and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 30. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation can / will occur. Sun exposure should be avoided for 2 months post treatment.
- Warning:
- It is expected that there will be some degree of swelling immediately post Halo treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately.
- Signs of infection include:
 - Drainage – white/yellow colored discharge
 - Increased warmth at or around the treated area
 - Fever: 100.4 or greater
 - Extreme itching

** Subsequent treatments are based upon your clinician's recommendation and are typically 4-6 weeks apart. **

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com