



# Halo Laser

## Post Care Instructions

- The treatment area may be extremely warm for 1-2 hours after your treatment. Warmth may continue for 12-24 hours after treatment.
- Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.

### What to Expect:

#### Redness:

- Redness is normal and expected. Redness generally increases in intensity for the first few days after your treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the treatment.
- Allow your skin to heal and don't put further stress on your skin. Use gentle cleansers and keep skin moisturized and out of the sun.
- Pinpoint bleeding may occur. This can last for a few hours up to 12 hours. When this occurs, dab it with a damp gauze.

#### Swelling:

- Immediately after your treatment, swelling is common and expected.
- Use a cold compress to help relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position for the first 2-3 nights after your treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.

### Post Treatment:

- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, two times beginning in the morning after your treatment.
- Do not use your hands or use an exfoliant, wash cloth, or a skin care brush, as this can cause scarring.
- Use skincare as directed by your providers, keeping the skin moisturized and protected. Active ingredients such as Retinols, Vitamin C and other acids should be avoided while the skin is actively healing.
- Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry.
- Makeup can typically be worn once the peeling process is complete.
- Wear a wide-brimmed hat or clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.
- When showering, avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until your skin has fully healed.

For any additional post care questions, please call us at 540-323-7254 and visit us at [blossomaesthetic.com](http://blossomaesthetic.com)

