Halo Laser Post-Care by Day

Day 1: Treatment day
- Spray treated area with spring water as needed
- Clean ice packs may be applied to treated area with clean hands
- After heat has dissipated Alastin Moisturizer or Cerave may be applied to relieve tightness and itching before bedtime
- Apply a thin layer of Alastin Nectar from the post care kit with clean hands the night of treatment and after washing in the morning.
- Benadryl or ibuprofen prior to bedtime for swelling, per your provider instructions
- Sleep slightly upright the night of treatment.
- On areas treated other then the face please wear loose fitting clothing on treatment day and for the next 3 days. It is important to keep the treated area, hydrated and clear of any material contact that may prematurely sluff off MENDS or cause infection.

Day 2-4
- AM Wash only with Alastin Gentle cleanser
- Apply Alastin Nectar every AM until tube is gone
- Apply Alastin moisturizer and sunscreen with clean hands
- Throughout the day you may re-apply moisturizer as needed for tightness and dryness
- PM wash with Gentle Cleanser and apply moisturizer
- Do not exfoliate or scrub MENDS off prematurely

Day 4-5
- Continue to wash with Gentle cleanser AM/PM and apply moisturizer for added moisture. If desired you may purchase Biafine cream and start application for added moisuture
- Mineral makeup is ok to apply

Day 5-7
- As the MENDs sluffs off you may return to your regular face wash if desired.
- Do NOT use retinol, salicylic acid, vitamin C or active ingredients for 10-14 days post or per your provider instructions

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 801-776-2220 during business hours. For an after hours emergency please contact Katy at 760-420-9859

Signs of infection include:
- Drainage – looks like pus
- Increased warmth and extreme itching at or around the treated area
- Fever of 101.5 or greater