



HALO® TRIBRID™ Pre & Post-Care Instructions

HALO TRIBRID is a fractionated laser that uses an ablative 2940 nm, a non-ablative 1927 nm, and a non-ablative 1470 nm wavelength. All three synergistic wavelengths work together to deliver impressive results. The 1927 nm and 1470 nm wavelengths create controlled zones of coagulation in the dermis, while the 2940 nm wavelength fractionally vaporizes (ablates) micro laser channels in the epidermis. The combination of these wavelengths addresses a wide variety of skin concerns, including dyspigmentation, wrinkles and fine lines, acne scars, the appearance of enlarged pores, sun damage, and more.

The HALO TRIBRID treatment is highly customizable and creates outcomes based on the intensity of the treatment and taking into account your skin concerns, the health of your skin, and your individual healing ability. Due to this, patient response can vary after a HALO TRIBRID treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

Pre Treatment

- Pre-treat your skin with Alastin Nectar for 2 weeks prior to treatment, if possible
- No active skin care for 1 week prior (retinols, acids)
- Avoid sun exposure for 2 weeks prior
- No self-tanners or sprays
- No waxing, chemical peels or aggressive treatments for 1 week prior or 4 weeks post

Post Treatment

- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment with day 3 being the most intense. Redness can persist for up to 8 weeks depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for a few hours - 24 hours depending on the treatment depth and may be isolated to certain treated areas.
- Immediately after treatment, swelling is common and expected. Use of cold compresses or ice packs will help relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depend on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after treatment. Cold compresses 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 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 works 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 were treated, this process could take up to 2 weeks.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve. You may resume your active skin care after 2 weeks (retinols, acids, Vitamin C).
- If an antiviral was prescribed for you, continue to take it as directed.

- Post treatment discomfort may be relieved by over-the-counter oral pain relievers; i.e. Extra Strength Tylenol or prescribed pain medication if ordered by the doctor.
- 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.

Post Care

- Immediately after treatment, your clinician may apply products to the treated area- **do not apply additional products unless instructed.**
- **For 48 hours after treatment, do not apply anything to the skin, with the exception of the Puracyn spray bottle and Cetaphil/Cerave moisturizer given to you.** Spray Puracyn at least 4 times a day, or more often as desired. Finish up the entire Puracyn bottle.
- Ensure your hands are clean before washing or applying any products to your face. Clean your pillowcases, avoid perfumes/chemicals and public gyms for 48 hours as they harbor bacteria.
- If instructed, the use of a moisturizer with an occlusive barrier (Aquaphor or post treatment balms) may be suited for individuals who receive more aggressive coverage while the cream may be sufficient on less aggressive treatments. Providers will clarify if barriers are necessary.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser beginning the morning after treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, use an exfoliant or a skin care brush in the treated area. Doing so could result in scarring and pigmentation complications.
- Moisturizer should be applied generously over treated areas and reapplied whenever your skin feels dry. For severe dryness, a more occlusive moisturizer may be used.
- Peeling and flaking generally occur within 24 hours of 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.
- Sunscreen should be used daily beginning 48 hours 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 the treated area is exposed to sun (direct or indirect), blistering, scarring, hyperpigmentation or hypopigmentation can occur. Sun exposure should be avoided for 2 months of post-treatment.
- Tinted sunscreen may be worn after 48 hours and makeup may be resumed after day 10.

Warning

Swelling in the first 72 hours is normal and should be expected; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 801-776-2220. For an after-hours emergency, please contact 801-299-7660.

Signs of infection include

- Foul Drainage
- Increased warmth at or around the treated area (skin should cool post treatment)
- Fever of 101.5 or greater
- Extreme itching not relieved with moisturizer or OTC allergy medication