

HALO (Hybrid Fractional Resurfacing) Laser + TRL (Tunable Resurfacing Laser)

Sciton's HALO is a Hybrid Fractional Laser that utilizes two wavelengths, 1470 nm non-ablative and 2940 nm ablative, simultaneously to create controlled zones of coagulation to chosen depths. These fractionated micro laser channels target both the dermis (stimulating new collagen) and the epidermis (addressing tone and texture). **Sciton's TRL** utilizes a Full-field resurfacing laser (Erbium Yag) that ablates variable depths of moderate-severe damaged and aging skin.

Patient response can vary after a Laser Resurfacing treatment. The depth of the treatment is customized according to each unique skin condition, desired outcome, and expectation of downtime. The degree of redness and length of healing time will increase with the depth of the peel. Laser treatments may not completely improve or prevent future conditions or aging. There are many variables which influence the long-term result. Additional procedures may be necessary to further enhance results or treat unforeseen complications. There is no guarantee on the results that may be obtained.

- Redness, a sunburn sensation, sensitivity, dryness, and swelling are all expected. Redness depends on the treatment depth/settings and gradually fades over time (up to 1-2 weeks for HALO & 4-8 weeks for TRL). However, there may be redness up to 3-6 months for some patients. Swelling is most prevalent the first morning, especially under the eyes. The treated area will feel warm for 12-24 hours, especially during the first 1-2 hours post treatment.
- On the areas treated with HALO - MENDs (microscopic epidermal necrotic debris) will appear on days 3-4 post treatment as tiny dark spots and have a bronzed appearance to the skin. MENDs are part of the healing process where treated tissue is working its way out as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support this process.
 - DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION! Gently washing the skin more frequently helps to promote the peeling process.
 - After the peeling process is complete, your skin will have a pink glow that will resolve gradually. You can apply makeup once the skin has completely healed and there are no breaks in the skin.
- Areas treated with TRL (typically targeted areas, such as mouth and/or eyes) - Oozing or seeping of serous fluid (light pink or clear) may occur with moderate-deep treatments (deep TRL around mouth and eyes). This is part of the healing process and can last for 24-72 hours depending on the depth. Although there may be some degree of swelling and oozing immediately post treatment, contact the office if you have excessive swelling or signs of infection (green/brown drainage, increase warmth to area, or fever > 100.4).
- There is a possibility of rare side effects such as burns, scarring, delayed healing times and permanent discoloration. Hyper/hypopigmentation usually resolves within 3-6 months. Herpes simplex virus infections can occur, even without a history of cold sores. If an antiviral was prescribed, continue to take as directed.
- Itching or irritation may be relieved by oral antihistamines (Zyrtec, Allegra, Pepcid, or Benadryl) and vinegar rinses, which are also antibacterial and soothing (recipe listed below).
- Moderate discomfort or swelling may be relieved by oral pain relievers (Tylenol, Ibuprofen) or a cold compress. You may also choose to sleep elevated with an extra pillow.

Site Care

- *****CLEANSER:** Cleanse the skin twice daily with plain, lukewarm water, and a gentle cleanser, beginning the morning after the treatment. Dry using gentle patting motions with a soft, clean towel. DO NOT rub, scrub, or use exfoliant or skin care brushes (Clarisonic) on the treated area.
- *****ALASTIN REGENERATING SKIN NECTAR:** Apply twice a day after cleansing to both areas (HALO and TRL). This will help with healing time and supplement collagen regeneration within the skin.
- *****MEDICAL BARRIER CREAM:** Apply this moisturizer at least twice per day with clean hands to the entire treatment area and reapply as needed. You never want this area to heal as a dry scab! This will compromise and delay healing, as well as increase the possibility of scarring.
 - *****AQUAPHOR:** Apply to areas treated with TRL (usually mouth/eyes) to act as your “Band-Aid.” This may cause breakouts/clogged pores when used for extended periods of time, so only use for 1-2 weeks.
- **Sunscreen:** Proper SPF is a MUST and should be used daily (beginning after the skin starts to heal) and consistently. Preferably use a sunscreen with UVA & UVB protection, Zinc Oxide, and a SPF of 30+. We recommend **Elta MD UV Clear SPF 46**. If direct sun exposure is necessary, wear a hat for extra protection. If treated areas are exposed to the sun (direct or indirect) blistering, scarring, hyper/hypopigmentation can occur. Sun exposure should be avoided for at least two months following the procedure. Protect your investment!!
- Local infections may occur presenting as red-splotches, breakouts, or white bumps. The skin is very vulnerable and prone to infection during the healing process with this baby new skin. Measures to prevent this include:
 - Keep the skin very clean at all times. Avoid touching your face unless you wash your hands first!
 - Petrolatum based products (Aquaphor) can cause breakouts for some patients. Stop using these products as soon as the peeling phase is complete (max 2 weeks).
 - Vinegar soaks: Rinse, soak or spritz treatment area multiple times a day (can’t over do it!).
 - 2 tsp white distilled vinegar + 1 cup water. Stored in refrigerator.
 - Expired/old makeup carries all kinds of bacteria – mineral/powder-based makeup is the safest to start with post treatment. If possible, we recommend purchasing new makeup for this time to be safe.
**** Please send photos if this occurs so we can monitor. If it persists, we may opt to prescribe an antibiotic.*
- The treated area should be cared for delicately. Until sensitivity has subsided (~ 2-3 weeks), avoid the following:
 - Heavily scented lotions/soaps, exfoliant creams (Retin-A, Glycolic, alpha-hydroxy acids), acne creams
 - Loofa sponges, shaving, and aggressive scrubbing
 - Avoid shampoo in treated area and directly hitting face with the full force stream of water in shower
 - Swimming pools and spas with multiple chemicals/chlorine
 - Strenuous exercise and sweating until after the skin has healed
 - Exposure to the sun or tanning in the treatment areas

If you have any questions or experience possible signs of infection or extreme discomfort, please contact:

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