

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 ablative resurfacing laser (Erbium Yag) that removes variable depths of moderate-severe damaged and aging skin. This is a great way to non-surgically eliminate problematic lines, wrinkles, and irregularities by stimulating new collagen growth and improving your skin's overall texture and resilience.

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 or sensitivity, dryness, and edema (swelling) is expected post procedure. Redness is dependent upon the depth and settings of the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes.
 - *For areas treated with HALO*, redness usually lasts 1-2 weeks (sometimes up to 3-6 months). The treated area will be extremely warm for 1-2 hours post treatment, continuing for 12-24 hours after the treatment.
 - *For areas treated with TRL* (typically mouth/eyes), redness usually lasts 2-4 weeks (up to 3-6 months)
- *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.
- Peeling and flaking generally occur 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 AND INFECTION!** Gently washing the skin more frequently will help 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 depth 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 immediately if you have excessive swelling or signs of infection (green or yellow drainage, increase warmth at/around treated area, or fever greater than 100.4).
- There is a possibility of rare side effects such as burns, scarring, delayed healing times and permanent discoloration. Hyperpigmentation and hypopigmentation usually resolve within 2-6 months. Herpes simplex virus infections can occur, with or without a known history of cold sores. Should any kind of infection occur, please contact your clinician immediately. If an antiviral was prescribed continue to take as directed.

Tips & Tricks

- Post treatment discomfort may be relieved by oral pain relievers (Tylenol or Ibuprofen). A cold compress can be used to provide comfort and decrease swelling, typically only needed within the first 12-24 hours after the treatment. To avoid further swelling, you may choose to sleep with an elevated pillow on your back.
- Itching or irritation may be relieved by oral antihistamines (Zyrtec, Allegra, Pepcid, or Benadryl) and vinegar rinses, which are also antibacterial and soothing.
 - 2 tsp white distilled vinegar + 1 cup water. Stored in refrigerator.
 - Rinse, soak or spritz treatment area multiple times a day (can't over do it!).
- When showering, avoid shampoo in treated area and directly hitting face with the full force stream of the water.
- The treated area should be cared for delicately. Until sensitivity has subsided (about 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
 - 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

Site Care

- **ALASTIN GENTLE CLEANSER or SKIN BETTER CLEANSING GEL:** 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.
- **ALASTIN SOOTH + PROTECT RECOVERY BALM:** Moisturizer/ointment should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. 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.
 - *To areas treated with TRL (typically targeted areas, such as mouth and/or eyes)* – Apply immediately.
 - *To areas treated with HALO* - Start only after heat is gone, usually about 24 hours post treatment. This is because the balm acts as an occlusive barrier and will seal the heat in, not allowing it to escape.
- Sunscreen is a **MUST** and should be used daily (beginning when the skin starts to heal) and used consistently. Use sunscreen with Broadband 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 and clothing that covers the treated areas. If treated areas are exposed to the sun (direct or indirect) blistering, scarring, hyperpigmentation, or hypopigmentation can/will occur. Sun exposure should be avoided for two months following the procedure.
- Do not apply any other products that were NOT instructed by your doctors (essential oils, coconut oil, etc.)

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

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