

## POST HALO GUIDELINES

Category	Short-Term (0-7 Days Post-Treatment)	Long-Term (Weeks to Months Post-Treatment)	Worst-Case Scenario
Swelling	Moderate to severe swelling, especially around the eyes for the first 2-3 days.	Swelling usually resolves within a week. No long-term swelling expected.	In rare cases, moderate to severe swelling can last up to 10-14 days, especially in individuals prone to inflammation.
Redness & Heat	Skin feels extremely hot and looks red for 24-48 hours, similar to an intense sunburn.	Redness fades after about a week but may persist slightly in sensitive skin.	In some cases, redness can persist for several weeks, especially in those with rosacea or sensitive skin.
Pain & Discomfort	Intense Burning sensation for the first few hours, similar to a sunburn. Mild to moderate tenderness may last 2-3 days.	No pain after the first few days. Skin may feel sensitive to strong actives (retinol, acids) for a few weeks.	If not properly cared for, discomfort can persist longer, and severe sensitivity to skincare products may last for weeks.
Flu-Like Symptoms	Some people experience mild flu-like symptoms (fatigue, mild body aches, or chills) due to the body's inflammatory response.	Symptoms should resolve within 48 hours.	If symptoms worsen instead of improving, consult your provider.
MENDS (Microscopic Epidermal Necrotic Debris)	Tiny dark spots and rough texture develop as the skin exfoliates (starts around days 3-5).	MENDS are completely gone within 7-14 days, revealing fresh skin (Body can take longer)	If skin is picked at or not properly moisturized, healing may be delayed, and hyperpigmentation could develop.
Peeling & Flaking	Skin starts to peel and flake around days 3-5, revealing new skin.	Full skin renewal takes 1-2 weeks. Skin continues improving for months as collagen builds. (Body can take longer)	In some cases, peeling may be uneven, or dry patches may linger for up to 2 weeks.
Itching & Scratch Sensation	Some mild-severe itching, tingling, or a "scratchy" feeling as skin heals.	Should subside within a few days.	If scratching leads to irritation or broken skin, healing could be delayed.
Texture & Glow	Skin may feel rough and dry initially (sandpaper texture).	Skin appears smoother, brighter, and more even-toned over time (best results at 3-6 months).	If post-care instructions aren't followed, prolonged rough texture or irritation may occur.
Collagen Production	Immediate plumping due to swelling and hydration, but true collagen production hasn't started yet.	Collagen and elastin increase over the next 3-6 months, improving firmness, fine lines, and wrinkles.	If sun exposure occurs too soon, collagen production may be compromised, reducing long-term benefits.

## How to Reduce Pain & Swelling

<b>Use a Fan</b>	A small, portable fan can help cool the skin and relieve heat sensations in the first 24-48 hours.
<b>Velez Hydrating Mist</b>	Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.
<b>Cold Compress</b>	Redness is normal and expected. Redness can persist for up to 7 days depending on the intensity of treatment.
<b>Keep Skin Cool:</b>	Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin. Do not use any exfoliants.
<b>Drink Plenty of Water:</b>	Hydration helps flush out toxins and speeds up skin recovery.
<b>Eat a Nutrient-Rich Diet</b>	Focus on antioxidants, protein, and healthy fats to support skin healing.
<b>Avoid Anti-Inflammatory Medications:</b>	NSAIDs (like ibuprofen) can interfere with the inflammatory healing response needed for collagen production—use Tylenol instead if needed.
<b>Monitor for Unusual Symptoms</b>	If swelling worsens after 3-4 days instead of improving, or if you notice signs of infection (excessive warmth, pus, or severe redness after 3-4 days), contact your provider immediately.

## Extended Downtime Possibilities

<b>Severe swelling or prolonged redness:</b>	Can last 10-14 days in individuals prone to inflammation.
<b>Extended peeling and dryness:</b>	May persist up to 2 weeks, especially if skin is not properly moisturized.
<b>Delayed healing or irritation:</b>	Can occur if strong active ingredients (like retinoids) are reintroduced too soon.
<b>Hyperpigmentation risk:</b>	After Halo treatment, there is a risk of temporary hyperpigmentation (darkening of the skin), especially for individuals with darker skin tones or a history of pigmentation issues. This can be triggered by sun exposure during the healing process. To minimize this risk, it is essential to avoid direct sunlight, wear broad-spectrum SPF 30+ daily, and follow all post-care instructions.

## Post-Halo Treatment Skincare Routine

### TIPS FOR FASTER HEALING & BETTER RESULTS

1. Use a fan for relief from heat and swelling.
2. Drink plenty of water to stay hydrated.
3. Eat well to fuel your body with healing nutrients.
4. Be patient—full results take 3-6 months as collagen rebuilds.
5. Follow all post-care instructions to avoid complications.

### WATCH-OUTS

For general post-treatment discomfort, an over-the-counter oral pain reliever, i.e., Extra Strength Tylenol might be prescribed by your doctor. If an anti-viral was prescribed, continue to take as directed.

Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl, but can cause drowsiness.

#### WARNING:

There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately.

### FIRST 24 HOURS

- **Only** use Velez Hydrating Mist to soothe, hydrate, and protect the skin.
- Apply the Velez Mask for additional cooling and relief (Stinging is normal, make sure to spray skin with Velez Hydrating Mist prior to applying mask).
- Use a fan to help manage post-treatment heat and discomfort.

### AFTER 24 HOURS: Introduce a gentle skincare routine

#### CLEANSING

- Use **Alastin Ultra Calm Cleansing Cream** to gently cleanse the skin.

#### RECOVERY & HYDRATION:

- Apply **Velez Mist** throughout the day to calm and hydrate.
- Use **Velez Mask** as needed for extra soothing.
- Apply **Alastin Regenerating Skin Nectar** to support healing.

#### MOISTURIZER

- Use **Alastin Ultra Nourishing Moisturizer** or another gentle, hydrating cream.

### HOW LONG TO USE ALASTIN POST-TREATMENT

- **Regenerating Skin Nectar:** At least 2 weeks (but ideally 4+ weeks for best results). use 2 times a day or as needed
- **Cleansing Cream & Recovery Balm and Moisturizer:** Until the skin is fully healed (about 10-14 days).
- **SPF:** Forever! Your results will last longer if you protect your skin from UV damage

## HALO IS ONE OF THE HOTTEST TREATMENTS IN SKIN REVITALIZATION:

