



## Post Treatment Instructions

### • HALO • Deep Resurfacing with Contour TRL • Single Spot Treatment •

Patient response can vary after a MLP 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 of your peel.

- Redness normally persists for 24 hours – 5 days depending upon the depth of the peel.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- Post treatment discomfort may be relieved by use of the Biocellulose Restorative Masque and/or oral pain relievers; i.e. Extra Strength Tylenol.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; beginning the night of the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, apply the Hydra Balm- taking care to cover all treated areas. You may reapply the Hydra Balm as needed throughout the day. **Do not allow the treated area to dry out.**
- After HALO treatment, use Skinceuticals Post Treatment Kit as directed.
- Peeling and flaking generally occur within 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!**
- Avoid strenuous exercise and sweating until after skin has healed.
- You can begin using your skin care products and make-up once skin has peeled, usually 7-10 days.
- After skin has peeled, use daily moisturizer with sunblock and avoid direct sun for up to two months.

### **Warning**

There may be some degree of swelling immediately post treatment, however, if you have excessive swelling or any signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

**If you have any additional questions or concerns, please call our office at  
(616) 888-3100.**