



Sciton Halo Laser Treatment: Pre- and Post-Care Instructions

What is the Sciton Halo Laser?

The Sciton Halo Laser is a hybrid fractional laser that combines both ablative and non-ablative wavelengths to address a wide range of skin concerns such as fine lines, wrinkles, sun damage, acne scars, and uneven skin tone. It is an effective treatment for improving skin texture and appearance with minimal downtime.

Pre-Treatment Instructions

1. **Consultation and Medical History**
 - Ensure your practitioner has a full understanding of your medical history, including any skin conditions, allergies, or previous treatments.
 - Inform your provider if you have a history of cold sores, as antiviral medication may be prescribed.
2. **Avoid Sun Exposure**
 - Avoid direct sun exposure for at least **2 weeks** before your treatment.
 - Apply a **high-SPF sunscreen with Zinc Oxide** (30+ SPF) daily, even if indoors, to protect your skin.
3. **Stop Certain Skincare Products**
 - Discontinue the use of **retinoids, alpha hydroxy acids (AHAs), and beta hydroxy acids (BHAs)** 3-5 days prior to your treatment. These ingredients can increase skin sensitivity and may cause irritation when exposed to the laser.
4. **No Tanning or Self-Tanners**
 - Avoid tanning or using self-tanners for at least **2 weeks** before your procedure.
 - Tanned skin may increase the risk of complications during the treatment.
5. **Shave the Treatment Area**
 - If the treatment area is on your face, shave the area to ensure optimal treatment. Avoid shaving on the day of the procedure if possible.
6. **Hydration**
 - Drink plenty of water before your procedure to ensure your skin is well-hydrated.
7. **Arrive Without Makeup**
 - Come to your appointment with **clean, makeup-free skin** to avoid any contamination during the procedure.

What to Expect During the Treatment

- **Duration:** Treatment usually lasts between **30 to 90 minutes** depending on the area being treated.
- **Sensation:** Most patients report a sensation of warmth or mild discomfort, similar to a rubber band snapping against the skin. A topical numbing cream may be applied to minimize discomfort.
- **After the procedure:** There may be redness, swelling, and a sunburn-like sensation that can last for a few hours to a couple of days.

Post-Treatment Instructions

1. **Avoid Sun Exposure**
 - **Do not expose treated skin to direct sun** for at least **4-6 weeks** post-treatment.
 - Always apply **sunscreen (SPF 30 or higher with Zinc Oxide)** before sun exposure for the next several months.
2. **Cooling and Comfort**



- Apply **cool compresses** to the treated area for 15-20 minutes every 1-2 hours during the first 24 hours if needed.
- Keep the treated area moisturized with a recommended gentle, hydrating cream (such as Aquaphor or a physician-recommended post-care product).
- 3. **Mild Swelling & Redness**
 - Swelling, redness, and warmth in the treatment area are common and should subside within **24-48 hours**.
 - Some people may experience more intense redness for **up to 7 days**.
- 4. **Peeling and Flaking**
 - You may experience **peeling or flaking** of the skin as the treated area heals. This is normal and may last for up to **1 week**.
 - Do not pick or peel off the flaking skin. Allow it to fall off naturally to avoid scarring.
- 5. **Skin Care Products**
 - Refrain from using any **exfoliating** products or **active skincare ingredients** such as retinol or acids (AHAs/BHAs) for **7-10 days** after your treatment.
 - Use only gentle, hydrating products recommended by your practitioner.
- 6. **Avoid Heat and Sweating**
 - For the first **48 hours**, avoid activities that may cause excessive sweating, such as hot showers, saunas, or intense exercise.
 - Avoid direct heat on the treated area (e.g., steam, hot showers, or heating pads).
- 7. **Makeup Application**
 - **Avoid makeup for 24-48 hours** following the procedure to allow your skin to heal.
 - Once you are able to wear makeup, ensure it is **non-comedogenic** and clean to avoid irritation.
- 8. **Potential Side Effects**
 - **Blistering or scabbing:** In some cases, small blisters or scabs may form. Do not pop or pick at them.
 - **Infection:** In rare cases, infection may occur. If you experience increased redness, swelling, or pus, contact your provider immediately.
- 9. **Follow-Up Care**
 - A follow-up appointment may be scheduled to assess healing and determine if additional treatments are needed.

When to Contact Your Provider

- **Severe swelling, blistering, or pus** at the treatment site.
- **Unusual pain** or discomfort that doesn't subside with over-the-counter pain relievers.
- Any **signs of infection**, such as increased redness, heat, or discharge.

Remember: While results can be visible immediately after treatment, the full benefits of the Halo laser treatment will be seen over the course of the next **2-6 months** as the skin continues to rejuvenate and heal.

If you have any questions or concerns during your healing process, do not hesitate to contact our office. We are here to ensure the best possible results for you!