

- ABSOLUTELY avoid any type of sunburn or suntan for 4 weeks prior to laser treatments. You MUST avoid sun exposure for 4 weeks after laser treatments as well.
- Do not use any self-tanning lotions for 4 weeks prior to treatment. Failure to follow #1 and #2 may result in a burn.
- If you have a special event or vacation coming up, please keep in mind that you should schedule your treatment at least 2 weeks in advance.
- If you have a history of cold sores, we recommend you are pretreated with acyclovir prior to your injections. Please let us know if you need a prescription called into your pharmacy.
- Avoid alcohol, spicy food, and cigarettes 24-48 hours before and after your treatment, as these may contribute to increased swelling, bruising, and irritation. Limit caffeine intake.
- It is not recommended to do laser treatments if you are pregnant or breastfeeding.
- Please let us know if you have a history of melasma or post-inflammatory hyperpigmentation.
- If you have taken Accutane, you must be off it for 6 months before your laser.
- If you develop a cold/flu, cold sore, blemish or rash, etc. in the area to be treated prior to your appointment, please reschedule your appointment until it resolves.
- Please discontinue products containing retinoids (Retin-A, Differin, etc.), or irritating skin products 1 week prior to treatments to avoid increased redness and irritation.
- We recommend waiting at least 2 weeks before and after your laser to have any other cosmetic facial treatments, including Botox, laser, ultrasound, peel, facials, microdermabrasion, etc. Please wait 4 weeks after filler for your Halo laser.
- Please come to your appointment with NO makeup on AND your hair pulled back with a headband if you are getting a facial laser treatment. Do NOT wear mascara please.
- If you do not already have a gentle cleanser, moisturizer, and SPF, please purchase these from the store. We recommend gentle products for healing like CeraVe or Vanicream.

- If you are on hydroquinone: Start hydroquinone nightly 3-4 weeks prior to Halo. Stop 5 days before Halo.
- If you are getting a BBL Hero body treatment, please shave the area 24-48 hours in advance.
- For Laser Hair Reduction – For the 4-6 weeks prior to your treatment, DO NOT wax, sugar, pluck, have electrolysis, or pull hairs out by the root. You may shave. Please shave 1-2 days prior to your hair removal appointment with a sharp razor. It is important to note that red, blonde, gray or white hairs will not be removed with this treatment. You do NOT need numbing cream for laser hair procedures.

YOU MUST PICK UP NUMBING CREAM AT THE FRONT DESK BEFORE HALO and ARRIVE TO YOUR APPOINTMENT WITH NUMBING ON FOR AN HOUR PRIOR.

Follow instructions on numbing cream kits.