



HEARTLAND AESTHETICA
CURATED BEAUTY

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Post-Halo

- Redness is normal and expected and generally increases in intensity the first few days after treatment with day 3 being most intense. Redness can persist for up to 7 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for a few hours even up to 12 hours depending on the treatment depth and may be isolated to certain treated areas.
- Immediately after treatment, swelling is common and expected. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days and depends on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment.
- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel, this typically lasts 5-7 days on the face, but may last up to 2 weeks on other areas of the body.

Post-Treatment Instructions

- ***Tylenol*** is recommended for any discomfort
- Sleep with your head elevated the first night to reduce swelling
- Frequent application of a cold compress or ice packs will help to relieve swelling and cool the skin.
- ***DO NOT USE SUNSCREEN THE DAY OF YOUR TREATMENT***
- You should use a high-factor sunscreen of at least 30 SPF starting the day ***AFTER*** your treatment
- **Cleanse the skin two times a day** with plain, lukewarm water and a gentle cleanser, discuss with your provider, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. ***DO NOT rub, scrub, use an exfoliant or a skin care brush*** in the treated area. Doing so could result in scarring and pigmentation complications.
- Hydrating products should be applied generously over treated area and reapplied twice daily. ***Discuss products with your provider.***

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- 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, PIGMENTATION COMPLICATIONS AND INFECTION!**
- **Avoid** strenuous exercise and sweating until after skin has healed.
- **Avoid** excessive sun exposure for 2 weeks after treatment. Reapply your sunscreen of SPF 30 or higher every 2 hours if you will be having incidental sun exposure such as driving, walking, etc. Wear a wide brimmed hat if sun is unavoidable.
- You can return to your normal skincare routine when your skin has fully healed around 7 days.
- Your provider may want to see you for a post treatment visit, usually around 1 week and again at 6 weeks.
- Please come to the office with a clean face on those visits.

When to call the office :

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

Fever of 101.5 or greater

Drainage that is thick, smells bad, looks like pus

Increased warmth at or around treated area