



# HALO

## PRE + POST CARE

### PRE-TREATMENT CARE:

- Avoid sun exposure 3 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use self-tanning products 3 weeks prior to AND for 3 weeks following your treatment.
- Discontinue use of Tretinoin-type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 3 days prior to treatment.
- Discontinue use of Hydroquinone at least 3 days prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or another anti-viral medication no later than 2 days prior to your BBL treatment.
- Notify Amélie if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.
- Avoid, if possible, Ibuprofen and non-steroidal anti-inflammatories for at least 3 days prior to your treatment.
- Longevity of neuromodulators and fillers are done any time within 6 months prior to BBL face treatment may be affected. Neuromodulators and/or fillers within 2 weeks prior to BBL is not recommended.

### POST-TREATMENT CARE:

- Avoid all direct sun and heat exposure for 2 weeks. This includes simple day-to-day tasks such as cooking over a hot stove, sitting next to a bonfire or fireplace, hot baths and hot tubs, walking or hiking, etc.
- You may experience a sunburned sensation immediately following treatment.
- Your skin may feel tight, dry, swollen, and a little bit tender.
- Over the next few days the Mends (microscopic epidermal necrotic debris) will darken and your skin will feel rough and dry. Do not pick or rub your face at all, allow it to flake off naturally. If your face feels itchy, continue to apply your products throughout the day.
- Apply only the recommended products.
- Avoid NSAIDs.
- Use SPF 50 or higher daily on the treated area if exposed.
- Make-up may be applied the day after your treatment.
- You may resume normal, gentle skincare at 2 weeks following treatment (except for exfoliants).
- You may resume all regular skincare at 4 weeks following treatment.