

# HALO TREATMENT

## PATIENT INFORMATION

Halo treatment uses two lasers to rejuvenate both superficial and deeper layers of the skin. There is immediate improvement in the skin surface with deeper collagen remodeling over the following 3 months. This improves the signs of skin ageing, including pigmentation, redness, fine lines, texture, pore size & laxity. Halo may also be used in mild scarring and stretch marks. The major advantage over traditional ablative (resurfacing or vaporizing) laser treatments is the more rapid recovery and reduced risk of complications. Two to four treatments are usually required, depending upon the strength of the treatment, and are usually spaced 6-8 weeks apart.

Halo may be combined with other treatments such as intense pulsed light (IPL) for broken blood vessels & freckles and ablative lasers in areas of more marked sun damage or scarring.

### THE PROCEDURE:

Please apply the prescribed topical anaesthetic cream to the entire area to be treated and 1-2 cm beyond this into the hair, below the jawline and inside the nostrils, avoiding the eyes & lips. Apply 5mls of the cream to clean, dry skin, 45minutes before the procedure.

The cream will be removed with alcohol wipes just before treatment. Your face is photographed and your eyes protected with patches. One area of the face is treated at a time. The laser is rolled back & forth over the skin, this should be painless or only very slightly uncomfortable provided enough anaesthetic cream has been used. You will hear various noises from the laser, the suction machine and the cold air blower. The treatment will take 30-40 minutes. You may arrange for a lift home afterwards if you wish, but this is not essential.

If you have had cold sores in the areas to be treated, it is important you tell us and obtain a prescription for anti-virus medication. This is started the night before the procedure and continued twice daily for 5 days. Before booking treatment, please inform us if you are taking blood thinners or if you have had isotretinoin (Roaccutane, Accutane) in the last year.

### AFTER THE PROCEDURE:

Cicalfate cream is applied immediately after treatment, please reapply this, Avène Crème Riche or your own thick moisturizer frequently until healed. Sunblock (e.g. La Roche Posay BB cream, Ego Daily Face, Oxygenetix foundation) should be applied from the first day. Sunblock must be used during the course of treatment & for 3 months afterwards to prevent complications and then continued every day to maintain improvement. Make-up may be applied over the sunblock. Morning and night, use a gentle cleanser (e.g. Aveeno positively radiant cleanser, Avène Xeracalm cleansing oil, Q-V face gentle cleanser) then gently pat skin dry before reapplying moisturizer/sunblock/make-up.

Mild burning or stinging is worst on the first day and lasts for 1- 2 days. Please use ice packs (or pack of frozen peas in a clean tea towel) constantly until the heated sensation settles then hourly for 10-15 minutes on the day of the procedure to reduce discomfort & swelling. Paracetamol-containing painkillers (Panadol, Panadeine) may be taken as needed. The treated areas will be red and swollen for 2-4 days. Sleeping with your head elevated and taking antihistamines (e.g. Claratyne, Telfast) help reduce swelling. Pinpoint areas of bleeding may occur for a few hours on the first day with deeper treatments. After 2-3 days, you will develop a bronzed appearance and rough sandpaper-like texture, lasting up to one week on the face and 2 weeks in other areas. Do not pick or scratch these rough areas as scarring may occur. After peeling, there is a rosy pink glow which gradually settles. Swimming, hot tubs, saunas, activities causing heavy sweating and any friction to the skin (e.g. face scrubs) should be avoided until the skin returns to normal. Most people require at least the day of treatment off work, stronger treatments may require a week. Sun exposure & tanning salons must be completely avoided for at least 3 months.

### OUTCOME & COMPLICATIONS:

The benefits of the treatment are assessed at 3 months following the final treatment. We expect significant improvement with a series of 2-4 treatments but in some cases, problems may be resistant to treatment and require repeated treatments or a change in treatment type. Annual maintenance treatment helps prevent recurrence of age-related changes. Complications are rare but may include prolonged swelling & redness, scarring, permanent hair loss in the treated area, cold sore virus or other infections (suggested by increasing redness, pustules, pain & fever), damage to tattoos (including permanent makeup) and permanent or temporary changes in skin colour.

If you have any questions or problems during the course of your treatment please call: Adelaide Skin & Eye Centre 8211 0000 (Monday to Friday 9am to 5pm). Car parking is available under the Centre and a permit can be obtained from reception.