



Procedure instructions

HALO Treatments

Pre-Care

- 3 Months Prior to Appointment:
 - Roaccutane (Isotretinoin) must be stopped, if being taken.
- 4 Weeks Prior to Appointment:
 - NO exfoliating or tanning.
 - Limit sun exposure and apply SPF 50 every 2-3 hours.
- 2-3 Weeks Prior to Appointment:
 - NO self-tanning.
- 5 Days Prior to Appointment:
 - STOP all active ingredient skincare. Eminence Stone Crop products or Cetaphil are recommended.
- 2 Days Prior to Appointment:
 - STOP Hydroquinone and Lytera.
- Night Prior to Appointment:
 - Men need to be clean shaven. Women need to dermaplane or shave.
- Day of Appointment:
 - Please arrive 5-10 minutes before the appointment time with a clean makeup free face.
- Inform Emerge if:
 - Ill and need or have been on antibiotics within 2 weeks prior to treatment.
 - On any antidepressants, antifungal drugs, antibiotics, and antihistamines, as certain ones can cause photosensitivity.

Post-Care

HALO Post-Care

- Day 1:
 - Sunscreen with UVA/UVB and a DPS of 30 or higher MUST be applied and used daily starting the day of treatment. This should be used for the following 3 months.
- Day 2:
 - Cleanse AM/PM with a gentle cleanser (no active ingredients) with your hands starting the morning after treatment,
 - Do NOT scrub or use exfoliants.

- A gentle moisturizer (no active ingredients) should be applied generously over the treated area and reapplied frequently, starting the morning after treatment.
- Before Skin has Healed:
 - No makeup until any peeling is complete.
 - Avoid getting shampoo directly on the treated area while showering until healed.
 - Avoid strenuous exercise and sweating.