



HALO SKIN RESURFACING LASER AFTERCARE AND CONSENT FORM

Procedural Description

HALO is a complete skin revitalization laser treatment. You will see overall improvements in your skin, including a reduction in the appearance of fine lines and wrinkles, reduced pore size, improved skin reflectivity and glow, and significant removal of discoloration. The Halo laser is a sophisticated fractional laser treatment in a class by itself. It is the only laser treatment system that works to improve your skin in two ways, simultaneously. It is literally two lasers in one. That means we can erase imperfections visible on your skin's surface while also targeting sun damage that you can't see, below the surface. With the Halo, you get better, longer-lasting results. Before HALO, you had to choose between an ablative or non-ablative treatment. But now— you can have the best of both worlds!

This treatment technique involves applying the laser to the skin in a controlled and precise manner. An ablative treatment removes the outermost layers of skin. While it is effective at improving skin texture and tone, these treatments are also more invasive and typically require a longer downtime. A non-ablative treatment is typically more gentle and creates a thermal wound to stimulate a healing response in the surrounding remaining tissue. Results from non-ablative treatments may not be as effective as some clients would like, as they are milder and require a series of treatments for the best outcome. With HALO we are able to combine the benefits of each for a truly unique laser skin resurfacing treatment that targets skin concerns on multiple levels.

The result of the HALO fractional treatment is based on the aggressiveness of the treatment while taking into account your skin concerns, the health of your skin, and your individual healing ability. Due to this, the response can vary after a HALO fractional treatment. The degree of redness and length of healing time will increase with the depth and coverage of the procedure. With this laser, you can expect remarkable results in just 1 to 2 relatively comfortable treatments, while older, non-hybrid technology often requires 5 or 6 treatments to achieve similar results.

Before Your Treatment

- If you have a history of fever blisters, it is recommended to patients having resurfacing treatments done around the mouth have an oral antiviral agent to prevent any cold sore virus from getting into the treated areas. Valtrex 500 mg twice a day to start 1 day before treatment and continue for 5 days post-treatment (7 days total).
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment.
- Please show up to your treatment appointment with no makeup on.
- Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment.

- Please bring a wide-brimmed hat with you on your treatment day to protect your skin when you leave the office.
- Strongly consider enhancing your treatment with Core Recovery Complex, an unrivaled serum of highly concentrated, targeted growth factors and cytokines formulated to aid in the recovery of the skin following Honey Skincare Studio skin procedures.

What To Expect During Treatment

- Redness is normal and expected. It generally increases in intensity the first few days after treatment with day 3 being the most intense. It can last for up to 7 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding (tiny spots of blood on the skin) may occur. This can last for a few hours and up to 12 hours depending on the treatment depth. You may only have bleeding in certain treated areas. If this occurs, wipe areas with damp gauze/soft cloth.
- Immediately after treatment, swelling is common and expected.
- Use a cold compress or ice packs in the first 48 hours to help to relieve the swelling.
- To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- The first morning after treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 5-7 days depending on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment. Using cold compresses or ice packs may provide comfort during this time.
- On the second or third day after treatment, you will increasingly notice tiny dark spots and a bronzed appearance to the treated skin. This is called the MENDS (Microscopic Epidermal Necrotic Debris). MENDS are microscopic wounds from the laser treatment. They contain large amounts of the skin-darkening pigment melanin. Because there are so many MENDS, they can make the skin look bronzed and small areas appear crusted (do not try to scratch them off).
- This is part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated.
- During this time, your skin will be very dry and have a sandpaper texture, and will begin to flake and peel. If the face is treated, it could take 5-7 days for the peeling process to be completed.
- If the neck, chest, or anywhere on the body was treated, this process could take up to 2 weeks. After the peeling process is complete, your skin will have a rosy, pink glow that will gradually go away.
- Your clinician will advise you when you can use makeup and which kind.
- If you have discomfort after treatment you may take over-the-counter oral pain relievers such as Extra Strength Tylenol.
- You may experience itching during the healing phase. This is completely normal. Taking Benadryl (diphenhydramine) by mouth may help with itching but can cause drowsiness.
- Do not scratch the treated area because scarring and pigmentation complications can occur.
- You may have to pinpoint blood pooling under the skin. This will look like tiny red dots. This can last for 1-3 weeks after treatment.
- You may have acne breakouts up to 3 weeks after treatment. Whiteheads & pimples can pop up after the treatment as purging can sometimes happen but can be easily controlled by homecare products, consult with your provider on how to manage purging.

Post-Treatment Instructions

- Do not apply the Post-procedure healing ointments such as Honey Skincare Lab's Remedy and Rescue Kit or Alastin Skin Nectar you received from the provider until 2 hours after treatment.
- Do not cleanse your skin until 24 hours after treatment.
- 24 hours after the treatment cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser like Honey Skincare Lab's Soothe + Lather or Is Clinical's Cleansing Complex or store-bought cetaphil.
- Use clean hands to gently apply the cleanser and water, and finish by patting dry with a soft cloth.
- We recommend/require purchasing **Levicyan™** Antimicrobial Dermal Spray, a hypochlorous acid (HOCl) based topical prescription product that cleanses, moistens, and removes foreign material, to mitigate any risk of infection. You should spray this onto the face after cleansing morning and night, applying it like a toner.

- Apply post-procedure moisturizer/ointments generously over the treated area and reapply whenever your skin feels dry.
- For severe dryness, add Anfsa Radiant Hydra Bamll for healing.
- Peeling and flaking generally occur within 24 hours after 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!
- You must commit to using a post-procedure PHYSICAL sunscreen daily beginning the day of treatment and for up to 3 months after the procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor () of 40 or higher.
- Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If the treated area is exposed to the sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation could occur.
- Avoid sun exposure for 2 months after treatment.
- Typically, after the peeling process is complete, you can wear makeup.
- Mineral makeup or tinted mineral SPF may be applied following treatment.
- Avoid strenuous exercise and sweating until after the skin has healed.
- Abnormal Healing: If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion,) or any other problems, or if you feel you are having an adverse event, please contact Honey Skincare Studio immediately (703) 589-9665.

HALO Consent Form

The nature of the HALO procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of laser resurfacing can have pain, prolonged redness, broken capillaries, white heads & pimples, hyper and/or hypopigmentation, infection, bleeding, scarring, sensitivity, allergic reactions, damage to eyes and/or surrounding structures, burns, dissatisfaction with results, need for further procedures, & unforeseen side effects may occur. I understand that the following are among the expected side effects of the HALO procedure:

Discomfort: Most people will feel heat-related discomfort (pain) with the treatment. This discomfort is usually temporary but may persist for a few days.

Redness and swelling:

Laser treatment will cause varying degrees of redness and swelling in the treatment area. These common side effects (erythema) and redness typically resolve within several days. Edema (swelling) of the skin will occur and can be minimized by keeping the area elevated & using cool compresses. Typically resolves within a couple of days; however, both can last for a week. If the swelling continues and is not something you can manage we can prescribe an oral steroid. Reach out to the provider for Rx care.

Blisters:

Mild to moderate blisters developing after the treatment are uncommon but have been reported. If blisters do develop, care should be taken not to disturb or unroofed, blistering should be evaluated by the treated provider.

Transient acne flare-ups:

Whiteheads & pimples can pop up after the treatment as purging can sometimes happen but can be easily controlled by homecare products, consult with your provider on how to manage purging.

Temporary skin dryness:

Temporary mild skin dryness is common after the treatment. Itching sensations often occur when the skin dries or as the old skin is shed and new skin is formed. When skin dryness occurs, it is normally noticed 2-7 days after treatment and typically resolves within two weeks. Make sure to hydrate and nourish properly.

Scabs:

No picking off any micro-scabbing.

Scarring:

Scarring is a rare occurrence, but it is a possibility whenever the skin's surface is disrupted. To minimize the chances of scarring, it is important that patients follow all post-treatment instructions provided by their provider. Good post-treatment care will help reduce the possibility of scarring.

Pigment/Color Change (hyperpigmentation):

During the healing phase, the treated area may appear to be darker. Brown darkening of the skin (hyperpigmentation) can occur either following blistering or crusting or as a result of inflammation during the recovery period. PIH occurs as a part of the normal skin reaction to injury. The skin functions become hyperactive during the healing process, including cells that produce pigment. PIH occurs more frequently with darker-colored skin, after sun exposure to the treatment area, or with patients who already have a tan. **To reduce the risk of PIH, the treated area must be protected from exposure to the sun** (sunscreen for 2 months after treatment); however, in some patients, increased skin coloring may occur even if the area has been protected from the sun. This pigmentation usually fades in 3 to 6 months. Hyperpigmentation is very rarely permanent. Your treating provider may recommend topical skin-lightening products to accelerate the return to normal pigmentation levels. Lastly, avoid picking and/or peeling the skin during the healing period.

Hypopigmentation:

Lightening or loss of skin pigmentation is very rare, however, it is a possible adverse event, especially in patients with a history of vitiligo or pigmentary disorders.

Infection:

Infection is possible after treatments; herpes simplex virus infections can occur following treatments. This applies to both individuals with a history of cold sores and individuals with no known history. We recommend purchasing **Levicyan™** Antimicrobial Dermal Spray, a hypochlorous acid (HOCl) based topical prescription product that cleanses, moistens, and removes foreign material, to mitigate any risk of infection. Other signs of an infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, and worsening pain. Should these symptoms occur, the clinician must be immediately notified to prescribe appropriate medical care. Topical and/or oral antibiotics may be necessary.

Allergic Reactions:

Allergic reactions can occur. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to topical ointments/creams. Systemic reactions are rare.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of Laser Treatment of the skin: allergic reactions, swelling, itching, infection / cold sores, color/texture change, visible skin laser patterns, bleeding, burns, abnormal/slow/delayed healing, scarring, distortion of anatomic features, redness, dry eyes with corneal irritation, eye damage, chronic pain, delay in skin cancer diagnosis, and lack of permanent results or unsatisfactory results, need for further procedures.
- I understand that compliance with pre- and post-care instructions is crucial for the success of my laser treatment and to prevent unnecessary side effects or complications.
- During the healing phase, sun exposure can cause darkening of the treated area(s) called post-inflammatory hyperpigmentation, therefore, sun avoidance must be followed. Failure to follow instructions may increase risks. Additional risks include unknown rare risks and the need for additional treatments or surgery. Follow all laser care instructions to minimize the risk of having adverse effects. Although improvement is expected, there is no guarantee or warranty expressed or implied with respect to the results that may be obtained. **AVOID SUN EXPOSURE FOR THE NEXT 8 WEEKS.**
- I understand that there are many variable conditions that influence the long-term results of laser skin treatments. The practice of medicine and surgery and the subsequent use of lasers is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment, skin care regimen, and other procedures aid in results.
- Financial Responsibilities - This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

For women of childbearing age:

By signing below, I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
