



HUDSON
DERMATOLOGY & LASER SURGERY

Halo, BBL Laser and Microneedling Post-Treatment Instructions:

What to Expect:

- Post procedure, your skin will be red and feel warm. Swelling is common and normal. A pain killer like Advil or Tylenol can be taken to relieve discomfort. Cool compress can be used.
- Pinpoint bleeding may occur.
- Itching and dryness can occur, this is normal. Follow outlined skincare regimen including moisturizing to relieve these symptoms and allow healing.

Days 1-3

- AM: Cleanse skin with Cetaphil Gentle Cleanser using your fingertips. Pat dry gently with a soft towel. Apply CeraVe Moisturizing lotion and use CeraVe Mineral Sunscreen.
- PM: Cleanse skin with Cetaphil Gentle Cleanser. Apply CeraVe Moisturizing lotion.
- Can reapply CeraVe Moisturizing lotion throughout the day.
- NO exercise, sauna's, steam rooms, hot tubs, swimming pools, exfoliating brushes, washcloths and sun exposure.
- NO topicals with ingredients of any acids or oils, including salicylic, stearic, citric acid, palmitic acid, lavender oil, tea tree oil etc. Read the ingredient labels of any topicals you use.
- ONLY use the specified brands, as these products are acid-free and safe to use during this time.
- If you use any products outside of the recommended brands, you may experience a reaction.
- Avoid makeup during this time.

Day 4-7

- AM: Cleanse with Cetaphil Gentle Cleanser using your fingertips. Pat dry gently with a soft towel. Moisturize with CeraVe Moisturizing Cream. Apply CeraVe mineral sunscreen.
- Can apply CeraVe Healing Ointment throughout the day, as skin will start to get dry and tight at this time.
- PM: Cleanse with Cetaphil Gentle Cleanser. Moisturize with CeraVe Moisturizing Cream.
- Continue to avoid sun exposure, excessive sweating, sauna's, hot tubs, swimming ect.
- Can wear mineral make up if necessary.

Key Notes:

- If you have a history of cold sores, please notify the office before your procedure. A prescription can be called in for you, to avoid an outbreak.
- As the skin heals, you'll notice tiny dark spots and a bronzed appearance to the skin. This is the skin healing. Do not pick, rub, scrub the skin in any way as this can cause hyperpigmentation and scarring. Treat skin very gently.
- Once skin is fully healed, slowly reintroduce normal skin care routine. This may take 7-10 days.

It was a pleasure treating you! If you have any questions, please feel free to call or email us (917) 970-9100
info@hudsondermlaser.com