



## PRE HALO INSTRUCTIONS

### RECOMMENDED PRE-PROCEDURE SHOPPING LIST

- Aspirin or Ibuprofen
- Pain medication if prescribed (bring to the office with you on the day of procedure)
- Anti-histamine (i.e. Benadryl)
- Ice Pack
- Large sized gauze and distilled white vinegar (for vinegar water soaks)
- Oxygenetix Foundation (promote healing and hides redness) - available in LABL Studio.
- Alastin Skin Nectar supports skin before, during and after cosmetic procedures. For best results, begin use 14 days before your procedure.
- Other \_\_\_\_\_

### PROCEDURE PRESCRIPTIONS

#### REQUIRED

- Mupirocin ointment: With a clean Q-tip swab inside the nose starting one day before your procedure and continue for the following six days after procedure. This medication is a preventative measure for infection.
- Valtrex: Take one pill one day prior to procedure and continue for the following six days.

#### OPTIONAL

- Hydroquinone 4%: Begin using two weeks prior to procedure and resume one week after procedure for eight more weeks (or longer as directed by your physician).
- Pain medications are occasionally prescribed before treatment. Topical numbing medicine will be applied in the office and is typically adequate for minimizing discomfort.

### DAY OF PROCEDURE

- Please check with your clinician on your arrival time as it may differ than your appointment time. Expect to be in the office with us for about two and a half hours.
  - Arrival Time: \_\_\_\_\_
  - Appointment Time: \_\_\_\_\_
- Please eat a meal before you arrive. \_\_\_\_\_
- Do not wear jewelry, and arrive with a clean face – no make-up, facial creams or sunscreens.
- Men must shave areas to be treated the morning of the procedure, if hair is present.
- Arrange for a friend or family member to pick you up after your procedure if you desire to be medicated.