

HALO™ Hybrid Fractional Laser

Hybrid fractional laser resurfacing.

HALO is a hybrid fractional laser that delivers two laser wavelengths in a single session. It is used for selected concerns including sun damage, uneven pigmentation, surface texture, enlarged pores, fine lines and some forms of textural acne scarring. Treatment intensity is tailored to skin type, goals and tolerance for recovery.

WHAT IT TREATS

HALO may be considered for visible sun damage, uneven tone, surface roughness, enlarged pores and early photoageing. It may also be appropriate for selected textural acne scarring and general skin-quality concerns. It is not a substitute for skin cancer surveillance — any changing or suspicious lesion requires medical assessment before any cosmetic laser treatment.

HOW IT WORKS

HALO combines non-ablative laser energy, which heats deeper layers of the dermis, with ablative fractional energy, which creates microscopic channels in the skin surface. Surrounding untreated tissue supports healing between channels. The controlled injury stimulates skin renewal and collagen remodelling, with visible change developing gradually.

WHAT TO EXPECT DURING TREATMENT

Skin is cleansed and protective eyewear is fitted. A topical anaesthetic is usually applied before treatment for comfort. The laser handpiece is passed evenly over the treatment area, and sensation may include heat, prickling or a strong sunburn-like feel. Cooling may be used during or after treatment. Procedure time varies with area size and chosen settings.

DOWNTIME AND RECOVERY

Redness, swelling, warmth and tenderness are expected. Over the following days, treated skin may develop a bronzed or sandpaper-like texture before peeling or flaking. Most patients plan several days of social downtime, though recovery depends on treatment depth and individual healing. Strict sun protection during recovery is essential.

RISKS AND COMPLICATIONS

Common side effects. Redness, swelling, warmth, tenderness, dryness, peeling, bronzing and temporary darkening of pigment. Itching, tightness, milia or a temporary acne flare can occur. These are part of expected healing and should improve progressively, not worsen.

RARE / SERIOUS RISKS — MATERIAL RISKS

Please read carefully — these form part of your informed consent.

Burns, blistering, crusting, delayed healing, infection and cold sore reactivation are uncommon but recognised. Pigment change — including hyperpigmentation or hypopigmentation — can occur, particularly with sun exposure during recovery or in more reactive skin types. Scarring, textural change and an unsatisfactory or incomplete cosmetic response are uncommon but possible.

PRE-TREATMENT INSTRUCTIONS

Avoid tanning, solariums and unnecessary sun exposure. Use daily sunscreen. Tell your clinician about recent sun exposure, cold sores, abnormal scarring tendency, isotretinoin use, immune suppression, recent cosmetic procedures and all medications. Retinoids, acids and exfoliating products are usually paused as advised.

POST-TREATMENT INSTRUCTIONS

Use only the post-treatment skincare recommended by your clinician until the skin has healed. Do not pick, scrub or manually remove peeling skin. Avoid heat, strenuous exercise, swimming, saunas and active skincare until cleared. Apply broad-spectrum sunscreen diligently once appropriate and avoid direct sun exposure while healing.

EXPECTED RESULTS AND TIMELINE

Initial healing occurs over days; improvement in tone and texture develops over weeks to months. A visible glow is often noticed once peeling settles, though collagen-related change is gradual. A single treatment may be sufficient for some goals; others require a staged plan or planned maintenance.

CONTRAINDICATIONS

HALO may not be suitable during pregnancy or breastfeeding, with active infection, cold sores, open wounds, significant dermatitis, recent tanning, poor wound healing, a tendency to keloid scarring or recent isotretinoin use. Final suitability depends on clinical assessment, skin type and the planned treatment intensity.

QUESTIONS BEFORE CONSENT

If anything in this document is unclear, please ask before signing your consent form. Your clinician will confirm suitability, expected downtime and risks specific to your skin and the planned settings.

Disclaimer: This document provides general information and does not replace a formal medical consultation. Please discuss any questions with your treating practitioner prior to signing your consent form.

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