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A E S T H E T I C S & W E L L N E S S

Ellacor Pre Treatment Instructions

TWO WEEKS PRIOR TO PROCEDURE

- Do not consume any blood thinning agents such as aspirin, ibuprofen, herbal medications, or supplements such as grapeseed extract, Vitamin E, fish oil, etc.
- If you are currently taking any type of blood thinners under the direction of a physician, please discuss this with your treating physician.
- Avoid exposure to sun or tanning beds that could result in red, peeling, or swollen skin.
- Avoid invasive and minimally invasive skin procedures in the procedure area.

1 DAY PRIOR TO PROCEDURE

- Shave excessive facial hair; beard and/or mustache. When possible, use an electric powered shaver to minimize the potential for skin abrasions and cuts.

DAY OF PROCEDURE

- The skin on your face, chin, and neck should be free of makeup, lotions, and other skin care products.
- Wear clothes that are comfortable; avoid shirts that have a high neck or collar.
- Plan on being in the office for 2 hours for the entirety of the procedure.

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A E S T H E T I C S & W E L L N E S S

Ellacor Post Treatment Instructions

- Your first follow-up will be 3 days after your treatment. Please make sure this is scheduled before leaving your treatment.
- You will be prescribed a prophylactic antibiotic regimen to take starting on the day of your treatment. Take as directed.
- Cleanse the treated area twice daily with water and a gentle facial cleanser, pat dry with a clean towel.
- When cleaning your skin, use a clean towel each time to pat dry, or use a paper towel and discard after each use. Do not share your towels!

****Do not scrub the treated area****

- Follow each cleansing with the topical healing skincare product given to you at the conclusion of your Ellacor appointment until healed or as directed by your physician.
- Additional after-care product recommendations: Alastin Skin Nectar or TNS Recovery Complex
- Once skin has healed, use a broad-spectrum sunscreen ≥ 30 SPF.
- Apply a thin layer of the supplied white petroleum to the treatment area in the morning and at night until directed otherwise by your physician. This should be applied AFTER application of Alastin Skin Nectar or TNS Recovery Complex.
- Refrain from the following activities until your skin has fully healed and has no open wounds, and holes have closed:
 - Shaving or waxing
 - Make-up should be avoided for at least 4-5 days post procedure.
 - Using tanning beds and sunless tanning creams
 - Scrubbing, scratching and/or picking at the treated area(s)
 - Contact sports or any activity that could cause injury to the treated site
 - Submerging the treated area in water such as pools, whirlpools, oceans, etc.

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AESTHETICS & WELLNESS

Ellacor Post Treatment Instructions

- Activities that result in overheating, such as long exposure to hot baths, spas, or excessive exercise
- Avoid direct and prolonged sun exposure for one month post treatment.
- Do not pick or scratch the treated area.
- Avoid sleeping on your face.
- If wearing a mask, use a clean mask every day; change the mask during the day if soiled.

If you have any questions or concerns, please call our offices at 855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com