



Ellacor Treatment Instructions

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 grape seed 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.
 - Do not overexpose your skin to the sun (including tanning) at least 2 weeks prior to the treatment. We reserve the right to cancel treatment if you are too tan.
 - Avoid invasive and minimally invasive skin procedures in the procedure area.
 - No fillers in the treated areas 6 months prior
 - Fill your prescriptions 2 Days Prior to Procedure
- **2 Days Prior to Procedure**
 - Begin taking Valtrex 500 mg twice daily with food and continue for 4 days post treatment for a total of 6 days. This prevents cold sores (even if you don't have a history of cold sores)
- **1 Day Prior to Procedure**
 - Start Azithromycin or Doxycycline 1 day before the procedure.
 - Eat some fresh pineapple (This helps decrease bruising and excess inflammation)
 - Shave excessive facial hair; beard and/or mustache. When possible, use an electric powered shaver to minimize the potential for skin abrasions and cuts.
 - Do not consume alcohol the day of the procedure as this will increase inflammation and discomfort.

Day of Procedure

- Eat a meal!
- Shower and wash your face with an antibacterial soap and wash your hair
- 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. A button down shirt would be preferable or something you can remove without pulling off over your head.
- For Men: MUST shave areas to be treated the morning of procedure
- If you have decided to take either a pain pill or Valium before the procedure, you can take these when you get to the office for your numbing appointment prior to the procedure
- Plan on being at the office for 1-2 hours for the procedure.

If you take Valium or pain medicine, you must have a driver for pick-up.



During and Immediately After the Procedure

- Topical and local injectable numbing will be applied to make you more comfortable
- We offer Pro-Nox to help you feel more comfortable during the procedure.
- The areas we treated will be slightly uncomfortable and you will be swollen.
- We will apply aftercare to promote healing before you leave the office and you will receive your post-care products.

Immediately After the Procedure

- Go home and rest
- You can now take Ibuprofen or Tylenol if necessary
- Only use the skin care provided and discussed in your post-care kit while you are healing
- Sleep with your head elevated on pillows to minimize swelling the first few days. You may want to place a towel over your pillow to protect it from the ointment.

POST-CARE PRODUCTS WILL BE GIVEN TO YOU THE DAY OF THE TREATMENT

Post-Procedure Care

- You may shower, but avoid hot water and fragranced products
- Cleanse the treated area twice daily with water and a mild facial cleanser, pat dry with a clean towel 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 a light film of petroleum or Alastin Nectar until healed or as directed by your physician.
 - Apply ointment as often as needed if your skin feels dry or tight.
 - **YOU DO NOT WANT YOUR SKIN TO GET TOO DRY AS THIS CAN INCREASE RISK OF INFECTION**
- Once skin has healed, use a broad-spectrum sunscreen \geq 30 SPF.

FOLLOW YOUR POST CARE AS DIRECTED BY YOUR PROVIDER.

Downtime

- You will have some swelling in the treated area for anywhere from 3 -10 days
- You will have stamp marks on the treated area that will last anywhere from 5 days up to 3 weeks.
- You can apply makeup after 1 week

Post-Procedure Do's And Don'ts

Refrain from the following activities until your skin has fully healed and has no open wounds, and holes have closed:

- Avoid direct and prolonged sun exposure for 2-4 weeks
- Do not pick, scratch or scrub the treated area.
- Avoid sleeping on your face.
- No Shaving or waxing the treated area
- No Smoking
- No makeup or unapproved skin care products until advised by your provider
- No use of tanning beds, sunless tanning creams or sun exposure
- 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
- Activities that result in overheating, such as long exposure to hot baths, spas, or excessive exercise.
- Physical activities that will make you sweat for 3-7 days post treatment, but use your best judgment.



- Avoid any harsh products or topical exfoliation (AHA, Glycolic Acid, Salicylic Acid or Retinol/Tretinoin) for 4 weeks. The surface of your skin is brand new and needs to normalize before you use any of these products. Think of it like “baby skin.”
- **Sun protection & sun avoidance is extremely important!**

Things You May Need to Purchase

- Hat to protect areas from sun exposure
- Fragrance-free detergents (do not use fabric softener)
- Fresh pineapple
- Medications
 - Valtrex
 - Zithromax or Doxycycline
 - Prednisone Taper
 - Valium or Percocet if requested at your consultation

Let Us Know If You Experience Either of the Following:

- **PAIN AFTER THE FIRST DAY:** Your skin should not be painful to touch after the first few hours. Tenderness may be normal but it should not hurt to touch your face. This may be a sign of infection so let us know right away.
- **EXTREME ITCHING:** Some itching as you heal is normal but if you feel extreme itching this could be a sign you are having an allergic reaction to one of the products.