Tel (281) 332-9682 Fax (281)332-5957 www.ClearLakeDerm.com

PRE & POST CARE FOR ELLACOR

BEFORE YOUR PROCEDURE

- Avoid sun exposure and tanning products or devices. Your provider will not treat sunburned skin.
- Tell your provider if you have a history of hyperpigmentation, skin discoloration, or metal allergies.
- Avoid all cosmetic treatments for 2 weeks. Do not change your skincare routine.
- To minimize bleeding and aid recovery, limit non-essential blood thinners such as NSAIDs, herbal medications, and omega fatty acids for 7–10 days, and avoid alcohol for 2 days. Tell your provider if you take blood thinners or anticoagulants.
- Shave 1 day before the procedure if you have coarse hair in the treatment area.

PROCEDURE DAY

- Wear comfortable clothing and tops with wide necks. Avoid high necks or collars.
- Immediately following the procedure, your provider will apply skincare products specifically chosen for ellacor.
- Your provider may also apply an adhesive film dressing called Tegaderm® for the first 12–24 hours following your procedure.
- Refrain from touching the treated areas.

FOLLOWING YOUR PROCEDURE

- Remove Tegaderm at the time of first cleansing, using water or hypochlorous acid to loosen it, if needed.
- Gently cleanse the treated area 2–3 times daily using a mild cleanser. Do not scrub, scratch, or pick.
- Immediately reapply your post-care product(s) to keep skin moist. Follow your provider's instructions. DO NOT use petroleum-based products.
- Refresh linens daily. Consider placing a towel over your pillow and elevating your head with multiple pillows.
- Keep the treated area clean. Avoid pets and touching the treated areas.

- Avoid sports, excessive heat (including saunas, exercise, and other activities), or submerging treated areas in water until cored areas have healed (approximately 3–4 days).
- Once cored areas have healed (approximately 3–4 days), UVA/UVB sunscreen (SPF >30), makeup, and shaving may be resumed.
- Avoid sun exposure (including tanning beds or products) after and between treatments for at least 1 month.
- Side effects may occur and are more common following more aggressive treatments. These typically resolve over time on their own, but your provider may recommend an additional ellacor treatment or therapies to aid resolution.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider or call the office 281-332-9682.