



REVIVAL DERMATOLOGY

Post Procedure Instructions

ELLACOR

INSTRUCTIONS PRIOR TO YOUR ELLACOR TREATMENT:

- These medications will be sent to your pharmacy, so please have them on hand the day before your appointment:
- Valtrex 500mg, 1 tablet twice a day for 3 days starting on the day before the laser treatment. This will prevent any possible herpes outbreak, and is advised to take even if you don't typically get cold sores.
- Doxycycline 100mg twice daily starting on the day before your Ellacor treatment x 7 days. This will help reduce any acne breakouts or infection. Please take this WITH a meal. Do not take it on an empty stomach.

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.
- 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.
- If you are currently taking any type of blood thinners under the direction of a physician, please discuss this with your treating physician.

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.
- To minimize bruising, eat pineapple the day before your treatment and refrain from alcohol

Day Of Procedure:

- The skin on your face, chin, and neck should be free of makeup, lotions, and other skincare products.
- Wear comfortable clothes; avoid shirts with a high neck or collar.
- Plan on 1 hour for the procedure. Your skin will be numbed with topical and injections of anesthetic to make the treatment comfortable. You will be able to drive home after the procedure.

INSTRUCTION POST-PROCEDURE

- Refrain from the following activities until your skin has fully healed and has no open wounds, and holes have closed: Shaving, waxing, makeup and skin care products, 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.; and activities that result in overheating, such as long exposure to hot baths, spas, or excessive exercise, kisses from pets and wash hands thoroughly after contact.





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- Cleanse skin with water and CeraVe Hydrating Cleanser before bed
- Pat dry with a clean towel and use Puracyn spray (sample provided)
- Apply a thin layer of Vaseline, CeraVe Healing Ointment, or Cetaphil Healing Ointment
- Use a clean pillowcase and avoid sleeping on your face

Day 1 (following treatment) – Day 3:

- Twice daily (morning and evening) post-procedure care:
- Cleanse skin with water and CeraVe Hydrating Cleanser
- Pat dry with a clean towel and use Puracyn spray
- Apply a thin layer of Vaseline, CeraVe Healing Ointment, or Cetaphil Healing Ointment
- Use a clean towel each time to pat dry, or use a paper towel and discard. Do not share your towels.
- Avoid scrubbing, scratching, or picking the treatment area. If itchy, use Puracyn spray (sample provided) or SkinSmart spray (available on Amazon)
- Begin applying sunscreen (such as EltaMD UV Physical Broad Spectrum SPF 41) on Day 3 if skin is healed and the holes appear closed. Avoid prolonged sun exposure until healed and redness has resolved.

