

# lachele

AESTHETICS & WELLNESS

## 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.
- **Cleanse the treated area twice daily** with water and a *gentle* facial cleanser and pat dry with a clean towel. We recommend the **SkinMedica Facial Cleanser** sold in our offices. When cleaning your skin, use a clean towel each time, or use a paper towel, and discard after each use. Do not share your towels, or use them more than once. **Do not scrub the treated area.**
- Follow each cleansing with a recommended topical healing skincare product, such as **Alastin Skin Nectar** or **SkinMedica TNS Recovery Complex**, until healed or as directed by your physician.
- **Apply a non-comedogenic moisturizer** to the treatment area in the **morning and at night**. This should be applied **AFTER** application of **Alastin Skin Nectar** or **SkinMedica TNS Recovery Complex** as these products are not moisturizers.
- Once skin has healed (**about 4-5 days post procedure**), use a broad-spectrum zinc oxide sunscreen of 30+ SPF. We highly recommend **Elta MD sunscreens**, sold in our offices.
- Immediately after treatment, most patients will experience erythema (*redness*) for a few weeks to months. Slight to moderate edema (*swelling*) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. A BBL (*Broad Band Light*) treatment may be needed at cost a few months post treatment if the redness persists.
- **Do not use any alcohol-based products** or toners on the skin **for at least 2 weeks post** treatment. **Avoid the following** cosmetic products for **at least 2 weeks** post treatment: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, Lactic Acid, exfoliants, fruit acids, and Ascorbic Acid (Vitamin C).**
- 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 (avoided until you are given the okay by your provider)
  - Tanning beds, sun tanning, and sunless tanning creams. Avoid direct sun exposure for one month post treatment  
Scrubbing, scratching and/or picking at the treated area(s)
  - Submerging the treated area in water such as pools, whirlpools, oceans, etc. or activities that result in overheating such as hot baths, spas, saunas, excessive exercise, etc.
  - DO NOT sleep with pets, and be sure pillow cases are clean.

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](mailto:team@lachele.com)