

# lachele

AESTHETICS & WELLNESS

## Ellacor Pre Treatment Instructions

- If using, stop Accutane (*Isotretinoin*) 6 months prior to treatment.

### 4 TO 14 DAYS PRIOR TO PROCEDURE

- **Please avoid any sun exposure for at least 2 weeks prior** to your treatment. **Do not use self-tanners** during this time, **including spray tans, tanning lotions, tanning beds**, or other artificial tanning methods. Natural or artificial tans can affect your results.
- **Avoid taking anticoagulants (blood thinners) for 10 days prior** to treatment, if medical condition allows. Avoid herbal teas and supplements such as fish oil, vitamin E, and multivitamins. Also avoid the use of NSAIDs such as Motrin, Advil, Aleve and Ibuprofen. **IF YOU ARE CURRENTLY TAKING ANY TYPE OF BLOOD THINNERS UNDER THE DIRECTION OF A PHYSICIAN, PLEASE DISCUSS THIS WITH YOUR TREATING PHYSICIAN.**
- **Avoid the following cosmetic products for at least 4 days prior** to your treatment: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, and Ascorbic Acid (Vitamin C)**. We encourage the use of gentle skincare prior to your treatment including facial cleanser, moisturizer and SPF.
- Injectable and topical lidocaine are administered by your professional on the day of treatment. **Please alert your provider before your treatment if you have any allergy to lidocaine.**
- Avoid invasive and minimally invasive skin procedures in the procedure area for two weeks such as microneedling, lasers and dermal fillers.

### 1 DAY PRIOR TO PROCEDURE

- **For men, shave** excessive facial hair; beard and/or mustache. When possible, use an electric powered shaver to minimize the potential for skin abrasions and cuts.
- **Pick up prescriptive medications** from your pharmacy, if applies.

### DAY OF PROCEDURE

- Please arrive to treatment with a **clean face, free of makeup and products**. Also, have your hair tied back if possible and **remove all jewelry or piercings**.
- On the day of treatment, **do not apply any substances to the intended treatment area**, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products or ointments.
- Wear clothes that are comfortable; avoid shirts that have a high neck or collar. You will most likely be asked to change into one of our strapless wraps.
- Plan on being in the office for 2 hours for the entirety of the procedure. It is highly recommended to get errands done before the day of treatment. It is also recommended to pre pay for your treatment at our front desk before you are taken to your treatment room. This way, you may leave without worrying about payment.