

ELIONCE™ AFTERCARE ADVICE SHEET



Immediately post

- Apply cold compress if required
- Avoid make up for 24 hours and when patient start to apply make-up be careful and mindful of threads
- Wash face very carefully and avoid face creams and lotions for 24 hours

Post procedure after care

Patients are advised to:

- Restrict facial movements (for 1-3 weeks)
- Avoid hot drinks and hard foods that require a lot of chewing (hot drinks for 48 hours and hard foods for 1-3 weeks)
- Sleep in an upright position, face up, to reduce swelling (3-7 nights)
- Avoid strenuous exercise
- Use SPF 30 when leaving the house to avoid post-inflammatory hyperpigmentation (for 1-3 weeks)
- Avoid dental appointments as well as facial appointments as facial and mouth movements should be restricted (for at least four weeks)
- Paracetamol should be advised to patients for post procedure discomfort. NSAIDs like ibuprofen should be avoided because inflammation is necessary for fibrosis (for 7 days)
- No alcohol for 3-7 days' post treatment
- No heat treatments including sauna and sun beds for 7 days.