



ULTHERAPY

Pre And Post-Care Treatment Instructions for Optimal Results

NOT RECOMMENDED FOR THE FOLLOWING PATIENTS:

- Pregnant or breastfeeding women.
- Those with active disease states, a hemorrhagic disorder or are on anticoagulant treatments.
- Patients with diabetes, epilepsy or bell's palsy.
- Someone experiencing an active or local skin disease that may alter wound healing or someone who has an autoimmune disease.
- Not recommended over areas with any of the following:
 - Mechanical implants or implanted electrical devices
 - Previous surgical facelift
 - Dermal fillers - 3 months or less
 - Metal stents in the face/neck or directly on an existing keloid

PRE-TREATMENT PREP

7 days prior to treatment

- To combat bruising, avoid blood thinning over-the-counter medications such as Aspirin, Advil, Motrin, Ibuprofen and Aleve. Also avoid herbal supplements such as St. John's Wort, Omega-3 capsules, antihistamines, cold and cough remedies or high doses of Vitamin E supplements.

24 hours prior to treatment and arriving for your treatment:

- Avoid prolonged sun exposure of the treatment area.
- Please arrive on time to numb and to take your medication. You will be numbing for approximately 1 hour. If you are taking medication, you will need a ride home.

AFTERCARE SKINCARE REGIMEN

To enhance and maintain results:

1. Stimulate collagen: Apply SkinMedica TNS Essential Serum every morning and evening to stimulate collagen reproduction.
2. Correct: Apply a daily corrective cream on the face and neck every morning and evening. We recommend Arieed MD reDew Intensive Hyaluronic Moisturizer and Alastin Restorative Neck Complex.
3. Protect: Always wear a broad-spectrum sunscreen of SPF 30 or above to protect your skin during periods of sun exposure.

POST-TREATMENT CARE

What to expect immediately after the treatment:

- The treated area may appear a bit flushed but any redness should disappear within 48 hours.
- It is not uncommon to experience mild swelling for a few days. A sensation of tingling and tenderness to the touch may last up to 2 weeks but this is generally mild and temporary.
- You may also experience some welting that can last 24-48 hours to a week if we are treating fine lines and wrinkles in addition to skin laxity.
- Some tenderness, stinging and mild bruising is normal at the treatment site(s). Rarely, moderate bruising can occur and varies person to person.

What to avoid:

- You should not have any adverse effects and should be able to resume normal activities immediately, including normal diet and exercise programs, once symptoms have dissipated.

WE RECOMMEND: Ultherapy every 1-2 years to maintain results

If you have any questions or concerns, please do not hesitate to call our office at 203.637.0662