

PRE AND POST TREATMENT INSTRUCTIONS

What is Ultherapy?

Ultherapy uses safe, time-tested ultrasound energy to lift and tighten the skin naturally without surgery, needles or downtime.

How to Prepare for your Ultherapy Treatment

- Gently wash the treatment area with a mild cleanser.
- Do not apply any creams, lotions, foundation, powder or other products prior to treatment.
- Avoid using over the counter medications like aspirin, daily large doses of anti-inflammatories.
- Fish oil supplements may also exacerbate bruising and should be discontinued.
- Ibuprofen may be taken prior to the treatment as directed by your Treatment Provider.

Post Treatment Instructions

- Wash skin with cool water and a gentle cleanser.
- The skin may be slightly pink or red in areas following the treatment (this usually resolves within an hour).
- Sunscreen or makeup with SPF may be applied immediately after the treatment.
- If you are not already on a medically oriented skin care program, you may want to discuss this with your provider at the time of your treatment.
- Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired outcome for this treatment site and other treatment sites.

How Do I Maintain The Result Of My Ultherapy Treatment?

Topically applied medical skin care products are the number one way to enhance the result, as well as the duration of an Ultherapy treatment. If you haven't already discussed this with your provider, we are happy to develop a customized plan for your skin type at the time of your Ultherapy treatment.

The new collagen fibers which are formed as a results of Ultherapy have a lifespan of 5+ years, however an optimal interval for retreatment will be sooner than that. Depending upon the severity of tissue laxity and your age, follow up treatment intervals will vary but there are two ways to approach maintenance - more frequent small touch ups and less frequent full treatments.

More frequent small touch up treatments are the best approach for achieving continued, ongoing collagen stimulus as well as cost affordability. Frequency of touch ups will again vary but may be every 4-12 months depending upon the individual's particular needs. Less frequent full treatments are an alternative. Recommendations for this approach would be every 1.5 to 2 years depending upon need.