

ULTHERAPY PRE AND POST TREATMENT INSTRUCTIONS

What is Ultherapy?

The Ulthera System delivers a low amount of focused ultrasound energy to the skin. The heat from the ultrasound stimulates new collagen to form. 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

Stop any medications that thin your blood, as bruising is possible. If you are unsure about whether your medications are blood thinners please review this with our physician.

- Do not apply any creams, lotions, foundation, powder or other products prior to treatment.
- Avoid using on a regular basis over-the-counter NSAIDS like aspirin, advil, motrin, aleve, celebrex 1 week prior. Tylenol is not an NSAIDS
- NSAIDS thins the blood and tends to slow and reduce healing in general
- Tylenol and Ibuprofen may be taken prior to the treatment as directed by your Treatment Provider.

Your Ultherapy Treatment Day

Wear comfortable, loose clothing to your appointment. Prior to your treatment, photography will be taken for comparison on your follow up.

What to Expect During the Treatment

During your treatment a variety of ultrasound transducers (the hand piece which delivers the ultrasound energy) may be used. Each transducer treats different tissue depths, from deep to shallow. Although some patients do not feel any discomfort, most patients find the sensation unpleasant but tolerable. There are many adjustments which can be made through the treatment if you find yourself sensitive. Please let your provider know how you are feeling so we can make those adjustments as necessary. Although uncommon, it is normal if you feel a toothache type discomfort for several minutes after an area has been treated.

You may immediately apply makeup following the treatment and there are no post-procedure limitations on activity.

What to expect after Ultherapy

With the exception of possible bruising (approximately 10% of patients) there is no downtime after your Ultherapy. You will be able to return to your normal daily routine and exercise program immediately after the procedure. That being said, some patients will have symptoms, These symptoms may persist for up to four weeks. Most patients have very mild symptoms but, as with any medical procedure, each patient experiences it uniquely.

- Immediately following Ultherapy, the skin may appear slightly red with a few welts that can last for a few minutes up to 1 hour and rarely longer.
- It is not uncommon to experience tingling/tenderness or numbness to the touch for days to weeks following the procedure, but these are mild and temporary in nature. This is usually most evident along the jawline and cheekbone and most often noted when touching your face, washing or applying makeup. This will not interfere with eating, talking or moving your facial muscles.
- Bruising and or slight swelling occurs in approximately 10% of treated patients.
- Bruising may not be evident for several days following the treatment and often is greenish in color by the time it becomes visible.
- If your forehead was treated you may have a mild headache, stinging, or hair pulling sensation in your scalp following the treatment. When this occurs it usually lasts less than 24 hours but on rare occasions can continue to be sporadically bothersome for up to a week.

As with any medical procedure, there are possible risks associated with the treatment.

- Irritation of peripheral sensory or motor nerves is uncommon but can happen. This can result in temporary patches of decreased sensation or some weakness of facial muscles (usually the muscle which pulls the corner of the mouth downward). When this occurs it is always temporary and usually resolves within three weeks.
- There is a remote risk of a mild burn that may or may not lead to scarring (either of which will respond to medical care). In that case, use polysporin ointment and hydrocortisone 1% twice daily for 4 days.

When Do I Expect to See Results?

There are two phases of correction after Ultherapy. The first is collagen contracture, which literally is occurring as we perform the procedure. As a result, many patients will appreciate a subtle, but distinct, improvement in their appearance within a few days following the treatment. Ultimately the more impressive correction is from collagen stimulation. Your body responds to the pinpoint thermal injuries placed in the deep tissue by creating new collagen fibers. Collagen fiber formation can take several months, so the final results from Ultherapy may take up to 6 months. Results vary from patient to patient, and occasionally, the collagen building on the inside that helps counter the effects of gravity does not have a visible effect on the outside. Results will unfold over the course of 2 to 3 months, but some patients may benefit from more than one treatment. It is important to understand that a noninvasive Ultherapy treatment is not intended to produce the exact same results as an invasive surgical procedure.

How Do I Maximize and Maintain my Treatment Results?

Avoid the routine use of anti-inflammatory medications such as ibuprofen, naproxen and Celebrex for one month and as long as possible. The inflammatory response in your tissue from Ultherapy works in a positive way to stimulate collagen fiber formation and remodeling. The new collagen fibers which are formed as a result 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, your age, and your general health. You may require treatments every 2 years for maintenance but if you would like to continue improvement, every year is recommended. You could also do more frequent touch up in an area that has more pronounced sagging.

We highly recommend a personalized skin care program with Alumier daily SPF, and something like neocutis Bio Serum Firm Rejuvenating Growth Factor & Peptide Treatment.

Silhouette insta lift threads, energy devices for tightening and resurfacing such as refresh RF, opus RF, as well as treating abnormal pigmentations with our pico laser will also improve your appearance and stimulate collagen production to a certain degree. Diluted Radiesse, a calcium based filler will also increase collagen production when injected under your dermis. Some areas of your face may have lost volume (bone, fat and collagen) and volume replacement may make a significant difference. An example is fixing loss of volume in the temples, it will lift your lateral brows.

[If you have any questions, concerns or experience any problems, please call our office at 613-749-4668](tel:613-749-4668)
[or email at info@inovomedical.ca](mailto:info@inovomedical.ca)