



Ultherapy: Pre and Post Treatment Instructions

Ultherapy is a nonsurgical treatment that uses ultrasound and the body's own natural healing process to lift, tone, and tighten loose skin on the brow, neck, and under the chin. Ultherapy is intended for men and women with mild to moderate skin laxity.

PRE TREATMENT:

- Cold sores can be triggered by laser therapy. If you have a history of cold sores, please discuss this with your provider prior to your treatment.
- Avoid the sun before treatment to reduce risk of cold sores.
- Please avoid excessive or unnecessary blood thinning medications and supplements for 10-12 days prior to your Ultherapy appointment.
- Active skin infection and active cystic acne are contraindications to Ultherapy. If this occurs prior to treatment, please call our office.

MEDICATIONS:

- If medication is used for treatment (i.e. Vicodin, or Ativan) arrange for a driver.

POST TREATMENT:

- Occasionally, bruising can occur. If you bruise, we recommend using Arnica to help with healing and the duration of the bruise.
- You can return to normal activities right away, and there are no special measures you need to take.
- Skin may appear flushed immediately after treatment; however, any redness should disappear within a few hours.
- Results will continue over the course of 3-6 months. Some patients have reported continued improvement for up to 12 months, including lifting and tightening of the skin on the neck, under the chin, along the jawline, and on the brow.
- Use daily sunscreen. We recommend *EltaMD* SPF 46, or *ColoreScience* SPF 30 or SPF 50, which can be picked up in our office
- For mild post treatment swelling, drink plenty of water.
- Apply VOLANTE Skincare's Healer Concealer® for any bruising.
- For mild post treatment tenderness and discomfort, you may use Ibuprofen, Aleve, or Tylenol.

Please call your provider at **(503) 443-2250** with any questions or concerns you may have.

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