

## Ultherapy® Pre treatment Instructions

Ultherapy is the only non-invasive treatment cleared by the FDA for lifting the skin on neck, chin and brow. Ultherapy uses focused ultrasound to lift and tighten loose skin overtime, without downtime. Ultherapy can also be used to improve the appearance of lines and wrinkles on the Décolletage (Chest).

### 1. Cold sores:

- Please inform us if you are susceptible to cold sores. We will provide an antiviral prophylactic medicine if we are treating around the mouth.

### 2. Comfort measures:

- Option 1:               Ibuprofen: Please take 800mg 1 hour prior to treatment with food.  
                                  Tylenol Extra Strength: Please take 1000mg 30 minutes prior to treatment.
  - Option 2:               Physician option to prescribe additional medications. You must have a driver to go home.
- Please feel free to bring your IPod and/or small ear piece to listen to music on your mobile phone.

### 3. Men

- Please shave your face the day of the procedure.

**4. Avoid:** Aspirin, Vitamin E, fish Oil, and other medications that thin your blood for 1 week prior to the treatment, to reduce the chance of bruising.

**5. Do not:** Apply any product to your face prior to the treatment. Come with a clean washed face free of lotions, creams, foundations, powders, etc... No jewelry, earrings, necklace, etc.

## Ultherapy® Post treatment Expectations

- **DO NOT** take any anti-inflammatory medications including **IBUPROFEN** (Motrin, Advil, and NSAIDS) for the following 4-5 months after the procedure. We need the inflammatory process for your body to produce the new collagen and elastin. You can take Acetaminophen (Tylenol) if needed.
- You are able to return to your normal activities immediately after the procedure.
- Your skin may appear flushed after the treatment, but typically fades within a few hours after treatment.
- It is not uncommon to experience swelling for a few days to weeks following the procedure.
- Tingling, soreness and tenderness to the touch for a few weeks following the procedure are not uncommon and are a normal part of the healing process.
- Small areas of bruising, welts or numbness are also a normal side effect of this procedure and will resolve in a matter of days to weeks.
- The skin will continue to improve over the next 90+ days as cellular regeneration, lifting and toning continues to take place.
- Local muscle weakness may result after treatment due to inflammation of a motor nerve. This is a temporary and normal reaction and will resolve in a period of days to 6 weeks.
- Temporary numbness of the skin may result after treatment due to inflammation of a sensory nerve. This is due to irritation of a nerve from the ultrasound procedure and will resolve over time (typically days to weeks with most patients).
- It is okay to shower and cleanse the skin immediately after the procedure.
- No hot tubs and spas for at one week post-treatment.

### **Possibility of edema (swelling):**

- Elevate your head on two pillows to decrease swelling.
- Ice 20 minutes per hour for significant swelling.
- Please know that edema is most common under the eye area.

### **Post treatment comfort measures:**

- OTC acetaminophen may be used if needed for swelling/inflammation.
- OTC antihistamine such as Benadryl or Zantac may be used to ease itching.
- Apply OTC hydrocortisone 1% to small areas of welts/irritation as needed.
- Cold packs may be applied post-treatment to ease any temporary discomfort. Please ice twenty minutes per hour, maximum. You may use a frozen bag of peas or a baggie filled with ice and a small amount of water. Do not apply directly to skin, wrap in a soft cloth before allowing the ice pack to touch the treated area.
- If the skin is broken or a blister appears, apply antibiotic ointment (Neosporin or Polysporin) and contact us at **817.657.1786 or 817.791.9103**
- Discomfort usually resolves by within days to weeks, but may last longer in some patients.

**Sun precautions:**

● As always, please continue to apply sunscreen (SPF of 30 or greater) following the treatment and as part of your daily skin care regimen. Ultherapy will build up collagen and we need to protect the skin from UV rays damage.

**Skin care:**

● Use Vitamin C (Phloretin/CE Ferulic) and SPF+30(Elta MD Sunscreens) during the day and an Anti-aging product with peptides/Retinol, at night on face and neck. We recommend TNS Essential Serum (Skinmedica), Rejuvenating Complex LS(MD Rejuvena)at night.

Please don't hesitate to call us at any time with any concerns at **817.657.1786**  
**or 817.791.9103**

I understand and agree to these terms.

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Provider: \_\_\_\_\_