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## **PRE & POST CARE FOR ULTHERAPY**

### **WHAT IS ULTHERAPY?**

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

### **PREP FOR YOUR ULTHERAPY APPOINTMENT**

- If possible, medications and supplements with blood thinning properties should be avoided for 10 days prior to and 3-5 days after treatment. Avoidance of these will optimize results and reduce bruising and swelling. Common blood thinning medications and supplements include: Aspirin, Ibuprofen, Vitamin E, Omega 3 fish oils, and flaxseed oil.
- Please inform your provider:
  - If you are prone to cold sores or have a history of herpes simplex. If so, we will provide an antiviral prophylactic treatment at time of appointment.
  - If you have ever experienced an allergic reaction to topical numbing cream.

### **DAY OF TREATMENT**

- Wear comfortable clothes. If treating the neck, wear an open collar shirt.
- Remove all make-up and pull back hair from your face. We can also provide face wash at your appointment.
- Pronox (laughing gas) is also available in conjunction with the medications or can be used alone. Pronox is self-administered via inhalation, has a rapid onset, and short duration. If only using Pronox, you can safely drive after treatment.
- Photos will be taken prior to treatment which will be used for comparison at your follow up appointment.

### **WHAT TO EXPECT DURING AN ULTHERAPY TREATMENT**

- During the treatment a variety of ultrasound transducers will be used to treat different tissue depths from deep to shallow. The deep depths tend to produce the most sensation. Most find this "spicy", but tolerable.
- Ultrasound gel is used throughout the treatment for imaging and cooling.
- Ultherapy appointments typically last 1 to 3 hours depending on areas treated

## **WHAT TO EXPECT AFTER ULTHERAPY**

- You can expect none or some of the following symptoms immediately after the procedure. These symptoms may persist for up to 4 weeks and will subside over time:
  - Welts or raised bumps, typically resolving within 15-20 minutes but can persist up to 48 hours and in some rare cases up to 7 days.
  - The treated area may look slightly pink or flushed which typically fades in 1-2 hours.
  - Bruising, swelling or tenderness. Bruising may not be evident for 2-5 days. Even without bruising, tenderness to the touch is expected. This is usually most evident along the jawline and cheekbone and most often noted when touching or washing your face.
- Majority of Ultherapy treatments result in no downtime and you are able to return to your normal daily routine, skincare products and exercise program immediately after the procedure.

## **WHEN WILL I SEE RESULTS?**

- 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, with full results expected 6 months after treatment. It is ideal to schedule a follow up appointment at this 6 month mark, during which we will take a second set of photos and assess results with you.
- Topical prescription skin care products help to maximize the treatment results by further stimulating collagen fiber formation through direct action of Growth factors and exfoliation. These products are the number one way to enhance the results and the duration of Ultherapy:
  - SkinMedica TNS Advanced Serum

- Plated SkinScience Intense or Daily
  - To maximize results from Ultherapy Neck treatments, we highly recommend:
    - Revision Nectifirm
  - Ultherapy treatments are usually performed yearly. Depending on the laxity severity and age, we offer a full suite of non-invasive tightening devices (Emface, Evoke, and Forma) that can be used in the interval. Your provider will discuss next steps for your customized treatment plan.
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If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

**Questions or concerns?** Please securely send a direct message to your provider or call the office 281-332-9682.