

## Ultherapy Care Instructions

### Before Your Treatment

- Be sure you have no broken skin or lesions on the treatment area.
- If you become pregnant or start breastfeeding, please let us know.

### Day of Your Treatment

- Arrive at least 15 minutes prior to your appointment so we can take your before-treatment photos.
- If treating your face, it's preferred to have all facial makeup removed prior to your appointment.
- You may want to apply numbing cream up to an hour before your treatment – you and your provider will discuss this at your consultation.
- You may use Tylenol before treatment for discomfort.
- Avoid anti-inflammatory medications like Advil, Aleve, and Aspirin.

### After Your Treatment

#### ACTIVITY

- You may return to normal activities immediately after your treatment.
- It is recommended to avoid strenuous activities for approximately 24 hours. Strenuous activity can lead to more swelling and bruising.

#### BATHING AND SKIN CARE

- You may shower anytime after the procedure.
- You may wash the treated area as you normally would and apply any topical creams, lotions, SPF, makeup etc. in the same fashion.

#### APPEARANCE & SENSATIONS

##### *Swelling:*

- Swelling occurs in most patients but varies from person to person. Your swelling will peak around 2-3 days then start to lessen.

##### *Bruising:*

- Some patients experience bruising in treated areas. This typically lasts 7-14 days after a treatment. You may use makeup to cover the bruising.

*Redness:*

- Your skin may appear "flushed" after a treatment. Typically, the color resumes normal pigment in 24-48 hours.

*Tingling/Itching/Numbness:*

- A small number of patients report a sensation of tingling in the skin for upwards of 30 days after this procedure. Some also report numbness or itching during this time period also. These sensations are transient and should diminish as you heal.

**Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.

## WHAT TO EXPECT

Appearance and outcome expectations over a three-month period				
Face & Neck Treatments	Immediate	First Week	Day 30+	Day 60-90+ (Collagen Remodeling)
GOAL: Skin Lifting, Toning & Tightening	Slight lifting & toning Minor Swelling	Slight Lifting & toning Minor Swelling	Slight lifting & toning	Additional lifting & toning Less sagging Tighter, lifted skin
GOAL: Skin Feel & texture	Tighter, Slight tenderness to the touch, tingling, numbness, slight plumping of fine lines	Tighter, slight tenderness to the touch, tingling, numbness, slight plumping of fine lines	Tighter, slight tenderness to the touch, tingling, numbness, Smoother texture	Tighter, better-fitting skin, smoother texture
GOAL: Color	Redness, minor bruising (occasionally)	Minor bruising (occasionally)	More even tone	More even tone
Decolletage Treatment	Immediate	First Week	Day 30+	Day 60-90+ (Collagen Remodeling)
GOAL: Improvement of fine lines and wrinkles on the chest	Minor swelling	Minor swelling	Improvement in the appearance of fine lines and wrinkles	Improvement in the appearance of fine lines and wrinkles
GOAL: Skin Feel & Texture	Slight tenderness to the touch, tingling, numbness	Slight tenderness to the touch, tingling, numbness	Smoother texture	Smoother texture