

## Pre and Post Treatment Guidelines

### Ultherapy

Ultherapy with the Ulthera is a new way to tighten, tone and lift the brow, face and neck – not just skin deep, but deeper into the same fibro-muscular tissues that are targeted with surgery. Ultrasound technology delivered the energy which tightens these structures, along with the side benefit of new collagen production which provides additional firming power and smoother skin.

**Cold Sores:** If you have a history of cold sores, ask us about pre-care instructions.

#### **Prior to treatment, please:**

- o Avoid a 'fresh' sunburn, which reddens the skin and makes it tender
- o Stop using topical products containing retinol, RetinA, glycolic acid or salicylic acid as these can irritate the skin

#### **Side Effects**

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics, but usually can last up to a week after treatment.

- **Swelling:** Most swelling will resolve within a day or two, but please use these techniques to minimize swelling:
  - o Apply cold compresses to the treatment area for 10 minutes every hour
  - o Sleep elevated the first night. Use as many pillows as you can tolerate.
- **Redness:** Most redness resolves within a few hours, but if the skin is still slightly pink or red in areas please avoid hot water when washing or showering until the 'blush' has subsided. If you wish, you can apply makeup immediately after treatment to minimize the redness.

#### **After Treatment Skin Care**

- **Avoid Excessive Heat:** For 2 days post-treatment, avoid partaking in activities that will heat up your skin, such as going in a hot tub/Jacuzzi/sauna, or strenuous exercise.
- **Skin Care Products:** All of your skin care products should be non-irritating and non-clogging for the first week. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinoin) until your skin has healed.
- **Sunscreen:** Proper and frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

**If you have any additional questions or concerns, please do not hesitate to call!**