

Before ULTHERAPY:

Have a consultation to determine if you are a candidate and decide what area(s) are to be treated. Pregnancy, open wounds, autoimmune diseases, severe acne, certain implants in areas to be treated, and wound healing disorders are contraindications.

Wait 1 month after receiving fillers and 7 days after Neuromodulator.

If you are taking steroids or a temporary routine anti-inflammatory medication, consider waiting until 1 month after your oral regimen/prescription has ended. Heavy alcohol should also be avoided 2-3 days prior. Stop using Retin-A for 3 days prior.

If you have a history of cold sores, take an antiviral starting the morning of the treatment and continue for 7 days or as directed on the label.

Eat a light snack or meal prior. Take 800mg of Ibuprofen 30 minutes before your appointment. Bring headphones if you would like to listen to music/podcasts during your treatment. Treatment (including numbing time) can take anywhere from 1.5 hours to 4 hours.

After ULTHERAPY:

Immediately after you might be slightly red and feel warm. There may be some swelling and tightness/firmness to the skin. Transient tingling, itching, numbness and mild bruising can occur and can last up to 12 weeks. Welting can occur, especially on the upper face, neck/chest- it can last from a few hours to a couple of weeks depending on your skin type. If this occurs you can apply Preparation H cream onto the treated areas up to 4 times a day. If necessary you can ice 5-10 minutes per hour. Physical exercise is not restricted and most people return to their normal day to day activities.

Avoid anti-inflammatories like Advil, Motrin and aspirin for the next 2 weeks as it can increase risk of bruising and decrease the desired inflammatory response necessary to stimulate collagen. If having pain, take Tylenol.

Continue your usual skin regimen including the use of Retin-A and good sun protection. Many additional beneficial products are available for sale in our office. Inquire with the staff.

Use Nectifirm cream twice a day to further enhance results. This is available for sale at our office.

You may immediately start to experience tightening and toning, which continues for 6-8 months. Most patients see results in about 3-6 months. Return in 6 months for follow-up photos.