

ULTHERA PRE & POST CARE INSTRUCTIONS

PREPARING FOR YOUR ULTHERAPY TREATMENT

Stop any medications that thin your blood, as bruising is possible. If you are unsure about whether your medications are blood thinners, please review this with our providers prior to your treatment. Over the counter medications like aspirin, daily large dose anti-inflammatories and fish oil supplements may also exacerbate bruising and should be discontinued.

YOUR ULTHERAPY TREATMENT DAY

- Wear comfortable, loose clothing to your appointment.
- Prior to your treatment photography, will be taken for comparison on your follow up.
- Thirty minutes prior to your treatment we recommend that you take 800 mg of ibuprofen for pain relief during the session. A single dose like this will not exacerbate your bruising.

WHAT TO EXPECT DURING THE TREATMENT

During your treatment a variety of ultrasound transducers (the hand piece which delivers the ultrasound energy) may be used. Each transducer treats different tissue depths, from deep to shallow.

The deep transducer is usually applied first, and you will feel more sensation than the shallower transducers. The sensation can be likened to a Fourth of July Sparkler “spark” touching the surface of your skin – fine sparks of heat that dissipate immediately. Most patients find the sensation unpleasant but tolerable. You will be given a medical device that you will control and allows you to direct cold air where you need it. This helps tremendously with the level of sensation. There are many adjustments which can be made through the treatment if you find yourself sensitive. Please let your provider know how you are feeling so we can make those adjustments as necessary.

Some patients experience a toothache type discomfort for several minutes after an area has been treated. The ibuprofen which you take prior to the session will help considerably.

Immediately after the procedure the treated area may look slightly pink like you have had a facial. Rarely, some spots of bruising may be already visible, but typically bruising is not evident until 2-5 days after the session.

To minimize risk of bruising we will give you ice packs and recommend icing and holding pressure on your cheeks and jawline for about 10 minutes after the session.

If your forehead was treated you may have a mild headache, stinging, or hair pulling sensation in your scalp following the treatment. When this occurs it usually last less than 24 hours but on rare occasions can continue to be sporadically bothersome for up to a week.

You may immediately apply makeup following the treatment and there are no post-procedure limitations on activity.

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 four weeks. Most patients have very mild symptoms but, as with any medical procedure, each patient experiences it uniquely.

- The treated area may be slightly pink for up to a few hours.
- Bruising, swelling and tenderness can occur in the treated area. Bruising may not be evident for several days following the treatment and often is greenish in color by the time it becomes visible. Most common areas for bruising are along the jawline and cheekbone.
- 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 your face, washing or applying makeup. This will not interfere with eating, talking or moving your facial muscles.
- Irritation of a nerve is uncommon but can happen. This can result in temporary patches of decreased sensation or some weakness of facial muscles (usually the muscle which pulls the corner of the mouth downward). When this occurs, it is always temporary and usually resolves within three weeks.

After treatment, you can return to your normal daily routine and exercise program immediately after the procedure.

When Do I Expect to See Results?

There are two phases of correction after Ultherapy. The first is collagen contracture, which literally is occurring as we perform the procedure. As a result, many patients will appreciate a subtle, but distinct, improvement in their appearance within a few days following the treatment.

Ultimately the more impressive correction is from collagen stimulation. Your body responds to the treatment by creating new collagen fibers. Collagen fiber formation can take several months, so the full results from Ultherapy may take 6 months to be seen.

If you have any questions or concerns, please call the office at 203-635-0770.