



Ultherapy

Pre-Treatment Precautions

- 1 Week Prior:
 - Avoid chemical peels and laser treatments in treatment area as directed by your technician.
 - Avoid prolonged sun exposure, wear an SPF 30+ daily
 - Stop using topical products containing retinol, RetinA, glycolic acid or salicylic acid
 - Avoid Anti-inflammatories (such as ibuprofen, motrin, advil, aleve, etc.), aspirin, vitamin E, fish oil, flax seed oil, cod liver oil, garlic pills, ginkgo biloba and ginseng in order to reduce possible bruising.
- 24 Hours Prior:
 - Avoid alcoholic beverages
 - If you have a history of cold sores in the treatment area, start Antivirals as prescribed the day prior or the day of your treatment and take for 3-5 days.

*Advise Dr. Stolley to any allergies or hypersensitivities to medications, latex, topical and injectable anesthetics, including epinephrine (adrenaline).

Post-Treatment Instructions

- Immediately after treatment and for the following 24 hours you should avoid:
Strenuous Exercise, Sun/Heat Exposure, Tanning Beds, Alcohol, Massaging/Pressing on treatment areas
- Cosmetic treatments such as Peels, Botox & Fillers can be done within the first few weeks as instructed by Dr Stolley. Some Light and Laser treatments can be done within the first few weeks, others require a longer wait. Please consult with Dr Stolley or your technician prior.

Skin Care Products: Should be non-irritating and non-clogging for the first week. Please do not use any scrubs, toners, acids, retinoids (Retin A or retinol) or bleaching creams (hydroquinone) until your skin has healed. An Spf of 30+ is recommended daily (indefinitely!) with the addition of a hat while your skin is healing.

Possible Side Effects

The intensity and duration of your side effects depends on your individual treatment parameters and personal 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- Apply cold compresses to the treatment area for 10 minutes every hour, 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.

Tingling/Sensitivity/Numbness: Skin may feel sensitive to the touch and you may experience tingling and or numbness for up to 30 days post treatment. This is normal post-treatment.

Bruising: Although rare, bruising is possible and resolves on its own.