

## Patient Instructions for Ultherapy®

Thank you for scheduling your Ultherapy treatment with Young Dermatology. For your safety and optimal results, **please follow the instructions below.**

- Do not use the following products 3 days before or 3 days after your treatment or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams.
- Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment.
- Apply your Ceramide 3 Lipid Replenisher 2-4 times a day for at least 3 days after treatment. We also recommend Vivier GrenzCine Face or Neck Cream or Skin Medica Neck Correct Cream 2 times a day to maintain your results.
- Apply a non comedogenic sunscreen with SPF 50 after the treatment. We recommend Vivier Sheer, Elta MD UV Clear or Isdin Eryfotona Actinica.
- Cleanse the treated area with a gentle cleanser with tepid warm water. Apply cleanser to fingertips with water in a gentle motion. We recommend Vivier Hexam, CeraVe, Cetaphil, La Roche Posay hydrating cleanser.
- Although extremely rare, a blister may appear, if so, please call the office to let us know.
- Avoid blood thinners and heavy alcohol use 2 weeks prior to treatment.
- Avoid Botox at least 1 week prior to treatment.
- Avoid Dermal Fillers at least 4 weeks prior to treatment.
- Please make sure you eat a small meal prior to treatment if you elect to receive narcotics for pain or a sedative for anxiety. You will also need a driver to pick you up. You cannot drive on narcotics or sedatives.
- Please notify us if you have a history of cold sores/ fever blisters. We recommend oral antiviral prophylaxis, taken the night before and on the day of treatment.
- You are not a candidate if you are pregnant, have open sores or wounds in the treatment area, severe or cystic acne in the treatment area, active implants (e.g. pacemaker, defibrillator, metal implant) in the treatment area.

Immediately after Ultherapy treatment, the skin may appear red or slightly swollen in select areas, which may last a few hours or longer.

- To help reduce temporary swelling, we recommend sleeping on several pillows for the first two to three nights.
- It is normal to experience mild tenderness, swelling and bruising along the jaw line for several days, and in some cases, longer.
- Some patients may experience mild bruising with the procedure. If you have more significant bruising, we recommend oral or topical Arnica to minimize bruising. If you wish to start Arnica, please do so two days before the procedure.
- Some patients may have temporary welts that last a few days, in rare cases longer. If this occurs ice the area each hour for 5-10 minutes.
- You may experience some numbness or shooting pains, particularly on the brow bone area on occasion. This is temporary and will resolve soon. Please call us with any concerns.

You may resume regular activities immediately after the procedure. There are no limitations to your activities other than what we have stated above. You will start to experience immediate tightening and

toning of the treated areas after the procedure. Your results will continue for the next 3-6 months as your body builds collagen in the treated areas. We recommend a follow-up appointment at 6 months for photos. **Our office number is 206 456 4464.**