

THE *Aesthetics* Lounge and Spa

Ultherapy Pre/Post Care

What is Ultherapy?

Ultherapy uses safe, time-tested ultrasound energy to lift and tighten the skin naturally? without surgery, needles or downtime.

How to Prepare 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. We highly recommend starting arnica, an oral homeopathic supplement which has been shown to reduce bruising and swelling. You should start 3-5 days prior to the procedure and continue for up to a week if you do experience bruising. It is recommended to wear comfortable, loose clothing to your appointment. 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 ?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 offered "PRONOX" to ingest throughout the duration of your procedure. This helps tremendously with the level of sensation. There are 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.

What to expect after Ultherapy

Most patients have very mild symptoms but, as with any medical procedure, each patient experiences it uniquely. Symptoms always subside over time. There have been no reports of long-lasting complications.

- Immediately after the procedure the treated area may look slightly pink for a few hours following the procedure.
- To minimize the risk of bruising we recommend icing and holding pressure after the session in 20-minute intervals.
- Bruising, and swelling 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.
- Tenderness to the touch is expected. This is usually most often noted when touching your face, washing or applying makeup.
- Irritation of peripheral sensory or motor nerves is uncommon but can happen. This can result in temporary patches of decreased sensation or some weakness of facial muscles. When this occurs, it is always temporary and usually resolves within weeks.
- With the exception of possible bruising there is no downtime after your Ultherapy. You will be able to return to your normal daily routine and exercise program immediately after the procedure.
- You may immediately apply makeup following the treatment.

When Can I Expect to See Results?

There are two phases of correction after Ultherapy. The first is collagen contracture, which 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 pinpoint thermal injuries placed in the deep tissue by creating new collagen fibers. Collagen fiber formation can take several months, so the final results from Ultherapy may take up to 6-12 months.

Signature

Sign above