

ULTHERA INFORMATION SHEET

Pre-Treatment Instructions:

To reduce the chance of bruising, avoid ibuprofen, aspirin, omega 2 fatty acids, and salmon for 10 days prior to the procedure. Avoid alcohol for 24 hours prior to and after the procedure.

Pain medications for this procedure are optional. If you choose to take prescription pain medication:

1. Provide office staff your pharmacy number to call in medication.
2. Bring someone to drive or escort you home. You will not be permitted to drive or take a taxi alone after procedure. NO EXCEPTIONS
3. Take pain medication upon arrival to BCRI as directed by staff.

During Treatment:

An Anesthetic cream will be applied to the treatment area for 30- 45 minutes.

Procedure will take about 15 minutes to 1 hour depending on the number of areas.

Post-Treatment Care:

Avoid NSAIDS such as ibuprofen and steroids for at least 3 weeks after treatment. These may make the treatment less effective. Take Tylenol for soreness.

Expect tenderness at the treatment site. It can last in some areas for 4 weeks. Some patients feel a sharp shooting pain or numbness for the first 10- 14 days. If your lower face is treated, the jaw may feel slightly sore with movement for a few weeks.

If you develop bruising or swelling, take oral Arnica or Bromelain and eat pineapple.

Using a topical retinoid such as retinol or tretinoin at night may increase efficacy.

Sunscreen and antioxidants should be worn at all times during the day light hours to prevent damaging/inhibiting new collagen production during the skin tightening process.

Add Vitamin C containing foods to your diet to enhance collagen formation.

Results will develop over the course of 3 to 12 months depending on your skin's healing abilities.