



## **Ultherapy Treatment Post-Care Instructions:**

Ultherapy is a non-invasive procedure that uses focused ultrasound energy to stimulate collagen production, resulting in a gradual lifting and tightening of the skin. After your treatment, you may resume normal activities immediately, but please follow these guidelines to ensure optimal results and minimize any side effects:

### **Immediately After Treatment:**

- You may experience mild **redness, swelling, tingling, or tenderness** in the treated areas. These effects are temporary and usually subside within a few hours to a few days.
- Some patients notice **mild bruising, numbness, or areas of firmness**, which may persist for up to **2 weeks**.
- Tiny welts or raised areas can occur temporarily along the treatment lines—these will resolve naturally.

### **First 24-48 Hours:**

- You may take **Tylenol (acetaminophen)** for discomfort. Avoid NSAIDs (ibuprofen, aspirin) if possible, as these can interfere with the inflammatory response essential for collagen production.
- **Stay hydrated** by drinking plenty of water to support tissue healing.
- You may resume wearing makeup and using your normal skincare products unless otherwise instructed.

### **For the First Week:**

- Avoid **facial massages, aggressive exfoliation, or treatments** that apply direct pressure or heat to the treated areas.
- Avoid **prolonged sun exposure** and always apply **broad-spectrum SPF 30+ sunscreen** to protect your skin.

**What to Expect:**

- Collagen production is gradual; visible improvements typically develop over **2-3 months**, with continued improvements up to **6 months** post-treatment.
- Mild sensitivity to touch, swelling, and tenderness can last up to a **few weeks**, depending on individual healing response.

**Maintenance:**

- Most patients benefit from a single treatment, but some may desire a touch-up session after **6-12 months** to maintain results.
- Maintain a good skincare regimen and sun protection to enhance and prolong your Ultherapy results.

**When to Contact the Office:**

- If you experience **significant swelling, blistering, severe pain, or signs of infection**, contact us immediately.