



Ultherapy Treatment Pre-Care Instructions:

Ultherapy is a non-invasive treatment that uses focused ultrasound energy to stimulate collagen production, lifting and tightening the skin over time. To ensure the best experience and outcome, please follow these pre-treatment guidelines:

1 Week Prior to Treatment:

- **Avoid blood-thinning medications & supplements** (unless prescribed by your physician):
 - Aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve)
 - Fish Oil, Vitamin E, Ginkgo Biloba, Ginseng, Garlic supplements
 - St. John's Wort
- Limit **alcohol consumption** to reduce the risk of bruising.

3 Days Prior to Treatment:

- Avoid use of **retinoids (Retin-A, Tretinoin)** or other strong exfoliants on the treatment area if your skin becomes sensitive.
- **Hydrate well** by drinking plenty of water to optimize your skin's health.

Day of Treatment:

- **Arrive with a clean face/skin**—free of makeup, lotions, creams, deodorant (if treating under the chin or neck).
- Eat a light meal or snack before the procedure to avoid lightheadedness.
- You may take **Tylenol (acetaminophen)** prior to your appointment if desired for comfort (avoid NSAIDs like ibuprofen or aspirin).
- Wear comfortable clothing with an open neckline if treating face/neck areas.

Important Considerations:

- Notify your provider if you:
 - Are **pregnant or breastfeeding**.

- Have a **pacemaker, metal implants, or active infections** in the treatment area.
- Have had **injectable fillers or neurotoxins** in the past 4 weeks.
- Have a history of **cold sores (herpes simplex virus)**; prophylactic antiviral medication may be recommended.
- Avoid scheduling Ultherapy if you have an **active sunburn** in the treatment area.