



Pre/Post Care Ultherapy

Your Ultherapy Treatment Day

- Wear comfortable, loose clothing to your appointment.
- Prior to your treatment photography, will be taken for comparison on your follow up.
- 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.
- You are not a candidate if you are pregnant

Post Ultherapy

- It is normal to experience mild tenderness, swelling and bruising along the jawline for several days 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. You may purchase Arnica at the reception. Please start Arnica 2 days before your 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 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.