



## Pre and Post Treatment Instructions

### Ultherapy

Ultherapy is a nonsurgical face and neck lift that uses ultrasound to actually lift and tone loose skin without any downtime. Ultherapy is the only nonsurgical facelift that uses ultrasound to specifically target the deep foundation below the skin - typically addressed in surgical facelifts - without cutting or disrupting the surface of the skin. It is also the only procedure to use ultrasound imaging, which allows the provider to actually see the layers of tissue targeted during the treatment and ensure the energy is aimed precisely to where it will be most effective.

Collagen is a natural protein that gives skin its youthfulness by keeping it firmed and toned. As we age, collagen loses its strength and its ability to stand up to the effects of gravity that pull the skin downward. Ultherapy jumpstarts a repair process that strengthens your existing collagen and produces fresh, new collagen.

Patients treated with Ultherapy still have fresh young collagen after a year's time following the procedure, but skin continues to age. Future touch-up treatments can help keep pace with the aging process, which varies by individual. The majority of patients only need one treatment; however, some may benefit from more than one treatment (depending on how much laxity they have and their body's own biological response to the ultrasound and the collagen-building process).

There is no downtime and a low risk of complications with Ultherapy treatments. The procedure has been cleared by the FDA after demonstrating safety in clinical studies, and tens of thousands of treatments have been performed safely worldwide. In addition, ultrasound energy has a proven track record, with use in the field of medicine for more than 50 years.

There may be slight redness for up to an hour or so following the treatment, and a small percentage of patients may have slight swelling, bruising, tingling or tenderness to touch, but these are mild and temporary in nature.

Comfort thresholds vary from patient to patient, but there can be some discomfort while the ultrasound energy is being delivered. This is temporary and a positive signal that the collagen-building process has been initiated. Your Ultherapist uses some medications to make the experience as pleasant as possible, and patients tell us they leave comfortable and excited about the benefits to come.

A good candidate for Ultherapy is someone with skin that has "relaxed" to the point of looking, and often feeling, less firm. A lowered eyebrow line or sagging skin on the eyelids, for instance, is often the first sign of "maturing" skin. Typically, those in their thirties and older who have mild to moderate skin laxity are candidates. While Ultherapy is not a replacement for a surgical face lift, there are many people who want some lifting but are not ready for surgery, either mentally, financially or logistically. There are also younger people who want to "stay ahead of the game" as well as those looking to prolong the effects of cosmetic surgery.

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your Ultherapy Treatment:
  - Some patients may experience mild bruising with the procedure. We recommend oral or topical Arnica to minimize bruising. You may purchase oral Arnica at reception. Please start Arnica 2 days before your procedure, 1 tablet twice a day.
  - Notify your provider if you have a history of cold sores/fever blisters. If we have prescribed an antiviral for you, please finish the entire course.
  - If you have no allergies or contraindications, please take Ibuprofen 800 mg prior to your appointment. If you prefer a stronger prescription, this can be discussed with your practitioner. Please bring the medication with you to your appointment.
  - Please make sure you eat a small meal prior to treatment if you elect to receive narcotics for pain or a sedative for anxiety. You will also need a driver to pick you up. You cannot drive on narcotics or sedatives.
- Your Ultherapy Treatment Day:
  - Wear comfortable, loose clothing to your appointment.
  - Prior to your treatment, photos will be taken for comparison on your follow-up.
  - Numbing medicine will be applied to the skin immediately after photos are taken.
- What to Expect After Ultherapy:
  - Immediately after the Ultherapy treatment, the skin may appear red or slightly swollen in select areas which may last a few hours or longer. Applying an ice pack for the first 24 hours will help minimize swelling.
  - It is normal to experience mild tenderness, swelling and bruising. Some areas may be more intense than others.
  - 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.
  - Avoid taking anti-inflammatories, such as Ibuprofen, Naproxen or Celebrex for one month following your treatment. The inflammatory response in your tissue from Ultherapy works in a positive way to stimulate collagen fiber formation and remodeling.
  - Makeup may be applied immediately after the treatment.
  - 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 follow-up appointments at 3 and 6 months for photos. Our office number is 661-325-3937.

**\*PLEASE NOTE: THERE IS A \$250 CANCELLATION FEE IF YOUR APPOINTMENT IS CANCELLED WITHIN ONE WEEK\***

**I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.**

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**Patient Signature**

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**Witness Signature**

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**Date**