Dermatology & Plastic Surgery SPECIALISTS

ULTHERAPY

BEFORE YOUR TREATMENT

- Avoid sun exposure, tanning beds and self-tanner for at least **two weeks** prior to treatment.
- Discontinue retinol, tretinoin, adapalene and other exfoliating or irritating skincare products for **five to seven days prior**, or as directed by your provider.
- Avoid blood thinners (aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, garlic, turmeric and other supplements) for **five to seven days prior**, if medically appropriate.
- Do not take alcohol for **twenty-four hours** before treatment.
- Arrive with clean skin. Do not wear makeup, skincare products, or lotion on the day of treatment.
- Inform your provider of all medications, supplements, allergies, or medical conditions.
- Alert your provider if you have any neuromuscular or autoimmune disorders or known allergies.
- **No dental work two to four weeks** before treatment.

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AFTER YOUR TREATMENT

- You may experience mild redness, warmth, tenderness or swelling, which typically resolves within a few hours to a few days.
- Mild tingling, numbness or sensitivity may occur and usually resolves within days to weeks.
- You may return to normal activities immediately.
- Keep skin clean and moisturized with a gentle, hydrating product as directed.
- Avoid makeup for **twenty-four hours** (or until skin feels comfortable).
- Avoid retinol, exfoliants, acids or other active skincare products for **five to seven days**, or as directed by your provider.
- Avoid direct sun exposure, tanning beds and excessive heat for at least **two weeks**. Use a mineral sunscreen (SPF 30 or higher) daily.
- Avoid strenuous exercise, saunas, hot tubs and excessive heat for **twenty-four to forty-eight hours**.
- Results develop gradually over **2–3 months** as your body naturally produces new collagen.
- Contact us if you experience persistent swelling, numbness, increased pain or any concerns.