



Concierge Family Medicine & Aesthetics

Ultherapy Pre and Post Instructions

For your safety and to obtain the best results, please follow the instructions below before and after your Ultherapy treatment.

- Do not use the following products for 3 days before and after your treatment or until any redness has subsided: Retin- A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams.
- Avoid tanning or prolonged sun exposure for 2 weeks before and after treatment.
- Use post procedure skincare and sunscreen SPF 30 or greater as directed following your treatment.
- Cleanse the treated area with a gentle cleanser and lukewarm water.
- Avoid blood thinners and heavy alcohol 2 weeks prior to treatment. **YOU MAY TAKE EXTRA STRENGTH TYLENOL 45MINS PRIOR TO YOUR TREATMENT TO HELP WITH DISCOMFORT.**
- Notify your provider if you have a history of cold sores/fever blisters.
- You are not a candidate for treatment if you are pregnant, plan to become pregnant or are breastfeeding.
- Immediately after treatment your skin may appear red or slightly swollen in select areas. This may last a few hours or longer.
- 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. Some patients may have temporary welts that last a few days, in rare cases longer. If this occurs cool compresses can be applied to the area each hour for 5- 10 minutes.
- Although rare, a blister may appear, if so, please notify our office.
- You may experience some numbness or shooting pains in the treated areas after treatment. This is temporary and will resolve soon.

Your satisfaction is our utmost goal. Please do not hesitate to contact us with any questions or concerns.
(724) 969- LAMB