



## **Pre and Post-Treatment Instructions For Ultherapy**

### **Prior to Treatment**

- Avoid any Retinol (Retin-A/Tretinoin), hydroxy acids, or anti-aging product for 1 day prior to the procedure
- Avoid any prolonged sun exposure 1-2 weeks prior to the treatment. You should not have a sunburn or significant tan. If you must be in the sun, use a Zinc based SPF of at least 30+, and re-apply throughout the day. Avoid midday sun and wear a hat and glasses.
- Please inform us if you have a history of cold sores/fever blisters or if you are a smoker. We will need to discuss this prior to treatment. Also please inform the staff if you have a pacemaker.

### **Day of the Procedure**

- Please remove any contact lenses and pull your hair back and away from your face
- Wear loose-fitting comfortable clothing
- Bring a large hat to protect your skin when you exit the office
- If you are taking any premedication for the comfort of the procedure you will need a driver to take you home
- When you arrive at the office you will be given 800mg of ibuprofen to take
- To decrease the chance of lightheadedness during your treatment, ensure you have had a recent meal prior to your procedure

### **What to Expect**

- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected
- It is normal to experience mild tenderness, swelling, and bruising along the jawline for several days in some cases longer.
- Your provider will prescribe a skincare regimen specific to your skin. All recovery products are formulated to help soothe, calm, and protect the skin. Please continue to use these products for a minimum of 3 days and preferably 2 weeks.
- Some patients may experience mild bruising with the procedure. If you have more significant bruising, we recommend oral or topical Arnica to minimize bruising.
- 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 experience some numbness or shooting pains, particularly on the brow bone area on occasion. This is temporary and will resolve soon.

### **Post Procedure**

- Do not use any harsh/active products on the skin 3 days post-treatment. This includes: Retin-A, bleaching creams, scrubs, or exfoliating products
- Avoid tanning or prolonged sun exposure 2 weeks post-treatment
- Cleanse the treatment areas with Skinceuticals Gentle cleanser and tepid warm water with fingertips in a gentle motion
- Avoid any blood thinning medications (fish oil, ibuprofen, naproxen) or heavy alcohol 2 weeks post-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 a follow-up appointment at 6 months

FACE & NECK AREA	IMMEDIATE	FIRST WEEK	30 DAYS	60-90 DAYS
SKIN LIFTING & TIGHTENING	<ul style="list-style-type: none"> <li>• Slight lifting and tightening</li> <li>• Minor swelling</li> </ul>	<ul style="list-style-type: none"> <li>• Slight lifting and tightening</li> <li>• Minor swelling</li> </ul>	<ul style="list-style-type: none"> <li>• Slight lifting and tightening</li> </ul>	<ul style="list-style-type: none"> <li>• Additional lifting and tightening</li> <li>• Brow elevation for a more open eye</li> <li>• Less sagging</li> <li>• Tighter, lifted skin</li> </ul>
SKIN FEEL & TEXTURE	<ul style="list-style-type: none"> <li>• Tighter</li> <li>• Slight tenderness to the touch</li> <li>• Tingling</li> <li>• Numbness</li> <li>• Slight plumping of fine lines</li> </ul>	<ul style="list-style-type: none"> <li>• Tighter</li> <li>• Slight tenderness to the touch</li> <li>• Tingling</li> <li>• Numbness</li> <li>• Slight plumping of fine lines</li> </ul>	<ul style="list-style-type: none"> <li>• Tighter</li> <li>• Slight tenderness to the touch</li> <li>• Tingling</li> <li>• Numbness</li> <li>• Smoother texture</li> </ul>	<ul style="list-style-type: none"> <li>• Tighter better fitting skin</li> <li>• Smoother texture</li> </ul>
COLOR	<ul style="list-style-type: none"> <li>• Redness</li> <li>• Minor bruising</li> </ul>	<ul style="list-style-type: none"> <li>• Minor bruising</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

### **Post Series Treatments**

- New collagen will build for up to 9 months post-treatment. Patients will continue to see results 3-6 months post-treatment.
- Chemical peels/Hydrafacials/Diamond Glow/Dermaplanning facials are highly recommended every 3 months to enhance your results. Our staff will make sure you have a customized care plan.

### **Please call the office if you experience any of the following:**

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

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