



## BAY AREA COSMETIC DERMATOLOGY

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### PRE & POST CARE FOR ULTHERAPY [ AKA ULTHERA ]

#### WHAT IS ULTHERAPY (ULTHERA)?

Ultherapy uses safe, time-tested ultrasound energy to lift and tighten the skin naturally without surgery, needles or downtime.

#### PREP FOR YOUR ULTHERA APPOINTMENT

- **If possible, medications and supplements with blood thinning properties** should be avoided for 10 days prior to and 3-5 days after treatment. Avoidance of these will optimize results and reduce bruising and swelling. Common blood thinning medications and supplements include: Aspirin, Ibuprofen, Vitamin E, Omega 3 fish oils, and flaxseed oil.
- Please inform your provider:
  - If you are prone to cold sores or have a history of herpes simplex. If so, we will provide an antiviral prophylactic treatment at time of appointment.
  - If you have ever experienced an allergic reaction to topical numbing cream.

#### DAY OF TREATMENT

- Wear comfortable clothes.
- Remove all make-up and pull back hair from your face. We can also provide face wash at your appointment.
- Numbing cream will be applied 30 min. prior to the procedure to help with discomfort.
- Pain/Anti-anxiety medications (Valium and Hydrocodone) are available during your prep appointment. **If you choose to take either of these medications, you will need to arrange a ride after the procedure as you will not be able to drive.**
- Pronox (laughing gas) is also available in conjunction with the medications or can be used alone. Pronox is self-administered via inhalation, has a rapid onset, and short duration. If only using Pronox, you can safely drive after treatment.
- Photos will be taken prior to treatment which will be used for comparison at your follow up appointment.

#### WHAT TO EXPECT DURING AN ULTHERA TREATMENT

- During the treatment a variety of ultrasound transducers will be used to treat different tissue depths from deep to shallow. The deep depths tend to produce the most sensation. Most find this “spicy”, but tolerable.
- Ultrasound gel is used throughout the treatment for imaging and cooling.
- Ulthera appointments typically last 1 to 3 hours depending on areas treated.

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## WHAT TO EXPECT AFTER ULTHERA

- You can expect none or some of the following symptoms immediately after the procedure. These symptoms may persist for up to 4 weeks and will subside over time:
  - Welts or raised bumps, typically resolving within 15-20 minutes but can persist for 24-28 hours.
  - The treated area may look slightly pink or flushed which typically fades in 1-2 hours.
  - Bruising, swelling or tenderness. Bruising may not be evident for 2-5 days. Even without bruising, tenderness to the touch is expected. This is usually most evident along the jawline and cheekbone and most often noted when touching or washing your face.
  - If bruising occurs, you may request a complimentary Vbeam treatment post-procedure which can reduce the severity and duration of a bruise *but will not eliminate the bruise altogether*.
- Majority of Ultherapy treatments result in no downtime and you are able to return to your normal daily routine, skincare products and exercise program immediately after the procedure.

## WHEN WILL I SEE RESULTS?

- Your body responds to the pinpoint thermal injuries placed in the deep tissue by creating new collagen fibers. Collagen fiber formation can take several months, with full results expected 6 months after treatment. It is ideal to schedule a follow up appointment at this 6 month mark, during which we will take a second set of photos and assess results with you.
- Topical prescription skin care products help to maximize the treatment results by further stimulating collagen fiber formation through direct action of Growth factors and exfoliation. These products are the number one way to enhance the results and the duration of Ultherapy. Some of our favorites follow but your BACD provider can recommend the product most suitable for your skin:
  - [Neocutis BioCream](#) or [BioSerum Firm](#)
  - [SkinMedica TNS Advanced+ Serum](#)
  - [Plated SkinScience Intense](#) or [Daily](#)
- To maximize results from Ulthera Neck treatments, we highly recommend:
  - [SkinMedica Neck Correct](#)
  - [Obagi Elastiderm Neck & Decolletage](#)
- Ultherapy treatments are usually performed yearly. Depending on the laxity severity and age, we offer a full suite of non-invasive tightening devices (Emface, Thermage, and Sofwaves) that can be used in the interval. Your provider will discuss next steps for your customized treatment plan.

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If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.



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