



# HERITAGE

VEINS & AESTHETICS

*transformative patient care*

ULTHERAPY is a non-surgical skin lifting and skin tightening procedure. There are some things to do before and after having ULTHERAPY to optimize your results. Please note that while you may notice some initial tightening of your skin the results of ULTHERAPY happen gradually over the 2-6 months AFTER the procedure. We will schedule an appointment with you for six months after your initial treatment and your provider will review the results with you at that time.

### **ULTHERAPY PRE-PROCEDURE INSTRUCTIONS**

1. Gently wash the treatment area with a mild cleanser.
2. Do not apply any creams, lotions, foundation, powder or other products prior to treatment.
3. We will provide you with PRO-NOX for pain relief during your procedure so it is not necessary to take any pain medication prior to your procedure.

### **ULTHERAPY POST- PROCEDURE INSTRUCTIONS**

Adherence to the Post Procedure Care Instructions will help to minimize any possible adverse effects.

1. Do NOT rub or touch the area that was treated for 6 hours after treatment.
2. It is possible that the skin will have a “cat scratch” appearance after the procedure (especially common around the eyes). This will subside gradually over the next 24 hours after treatment.
3. Wash your skin with cool water and a gentle cleanser for the next two days.
4. Skin may be slightly pink or red in some areas after the treatment. This will subside fairly quickly – typically within one to two hours after treatment.
5. Sunscreen or makeup can be applied as desired following the treatment.
6. You can resume your normal skin care routine including the use of Vitamin C serum, retinoid and bleaching creams the next day. Allow the skin to rest the evening of your procedure.
7. Redness, minor swelling, slight tenderness, tingling, numbness and/or minor bruising may occur and is normal. Everything should resolve within a few days.
8. If you have any questions you should contact the office.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_