



## **ULTHERAPY POST CARE INSTRUCTIONS**

### **POST TREATMENT CARE:**

- For up to 48 hours following treatment, cool packs or ice can relieve minor discomfort and reduce swelling and bruising. Ice for a maximum of 20 minutes per hour
- A gentle cleanser may be used on the treatment area. Apply it to the fingertips with tepid water and use gentle, circular motions on the skin
- Refrain from tanning or prolonged sun exposure for two weeks after the procedure. Apply a broad-spectrum sunscreen to the treatment area for up to two weeks to avoid incidental sun exposure
- You may return to normal activity immediately after your treatment
- Most side effects from the treatment should not be cause for alarm
- Symptoms are usually minor and should subside in time, as a normal part of the healing process
- Immediately following treatment, your skin may appear flushed, which usually subsides within several hours
- It is normal to experience swelling for up to a week
- Tingling, soreness, numbness and tenderness (especially under the jowls) may occur for up to two to three weeks
- The procedure runs a slight risk of temporary welts that usually heal within a few days
- Mild bruising, which is caused by damage to soft tissue blood vessels, may occur occasionally and typically resolves within 2 days to 2 weeks of treatment