



# ULTHERA

## What to Expect After Your Procedure

**After treatment:**

- Your skin may appear red or slightly swollen in specific areas, which may last up to two hours or longer.
- There may be slight tenderness and tingling in an area for a few hours after treatment, as well as some tenderness to the touch for a few weeks.
- Unlikely, but potential temporary effects may include, but are not limited to, bruising, pigmentation changes or reduced sensitivity to touch. These are mild in nature and should resolve in a few weeks.
- Driving is not permitted the day of your procedure if you were medicated.
- You may resume your normal skin care regimen after the procedure, and you may shower.

**Medications:**

- If needed, you may take acetaminophen (Tylenol) for pain.
- Avoid taking aspirin or NSAIDs for 24 hours after procedure.

**Diet:**

- You may resume your normal diet.
- Avoid drinking alcoholic beverages for 24 hours.

**Please contact our office if you have any questions or concerns at (858) 657-1002**

Your next follow-up appointment is scheduled for: \_\_\_\_\_

**After Hours Answering Service: 858-657-1002 Option: 4**

**Additional notes/instructions:**

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\_\_\_\_\_  
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**Dr.** \_\_\_\_\_ **Assistant:** \_\_\_\_\_ **Date:** \_\_\_\_\_