

# ULTHERA

## What to expect before and after your procedure

### **Before your procedure:**

- You will require a 1-hour Phone Pre-operative appointment to prepare for this procedure.
- You will need a driver if you are being medicated.

### **After your procedure:**

- 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 for a few hours after your procedure. Areas may be tender to the touch for a few weeks.
- Rare but possible temporary effects may include 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.
- Tylenol 500mg one or two pills may be taken every 4-6 hours as needed for discomfort.
- Avoid taking Ibuprofen (Advil, Motrin, Aleve) for 24 hours after your procedure.
- Avoid drinking alcohol for 24 hours after your procedure.
- You may resume your normal diet.
- Multiple and/or maintenance treatments will be recommended for optimal results.

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

Additional notes/instructions:

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Physician: \_\_\_\_\_ Assistant: \_\_\_\_\_ Date: \_\_\_\_\_

