

## Ultherapy™

### Post-Treatment Instructions

**Typically, you may return to your normal activities after Ultherapy™. However, you should follow the medical advice of your physician regarding the care of your skin.**

1. Wash skin with cool water and a gentle cleanser.
2. If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until the 'blush' has subsided (usually within an hour).
3. Avoid exfoliation for at least one week or until all sensitivity in the treatment area has subsided.
4. Soothing, non-irritating creams or moisturizers may be used such as **CeraVe AM** or **SkinMedica Dermal Repair Cream**.
5. You may have bruising that lasts up to one week.
6. Make-up (preferably mineral based) may be applied immediately post treatment. We offer **Glo Minerals** pressed powder, liquid foundation, concealer, hydration mist and lip gloss. Please ask for assistance and we will help you choose the right color for you.
7. Use a sun block with an SPF of 30 or greater if going out into the sun to help prevent future damage. We recommend **SkinCeuticals Physical Defense SPF50**, a mineral based, everyday sunscreen, available in sheer or tinted.
8. In order to enhance and maintain the results of Ultherapy, we recommend that you use the products provided with your treatment. Caroline, our Cosmetic Coordinator, can answer any questions you may have concerning the products provided.

#### Products Provided With Treatment:

##### Full Face:

- **SkinMedica TNS Essential Serum**, applied to face first after cleansing AM and PM.
- **Revision Nectifirm**, applied to neck and under chin AM and PM.

##### Lower Face:

- **SkinMedica TNS Essential Serum**, applied to face first after cleansing AM and PM.
- **Revision Nectifirm**, applied to neck and under chin AM and PM.

##### Eyes:

- **SkinMedica TNS Eye Repair**, applied AM and PM under eyes, crows feet and below brow; avoid eyelid

##### Neck and Chest

- **Revision Nectifirm**, applied to neck, under chin and chest AM and PM.

Your practitioner will describe the nature and timing of possible changes you may notice from Ultherapy™. If you have any further questions or concerns, contact our office. **(910-256-4350)**