



710 Military Cutoff Road • Suite 320 • Wilmington, NC 28405 • (910) 256-4350

### **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 **SkinCeuticals Epidermal Repair, Sente Dermal Repair Cream, 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
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.

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)**