



Ultherapy

Pre-treatment Instructions

- Avoid excessive sun exposure 1 week prior to the treatment.
- For three days prior to the procedure, do not use topical products containing retinoids (e.g. Retin-A), glycolic acid or salicylic acid, as these can irritate the skin.
- Please come to the office without make-up. The make-up can impair the delivery of the ultrasound energy through the skin.
- Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as ibuprofen, Vitamin E, Ginger, Ginkgo Bilboa, Ginseng, and Garlic 7-10 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
- To further decrease the risk of bruising, you may start Arnica or Arnica/Bromelain supplements one day prior to your procedure and continue a few days following the procedure. Arnica gel may be of benefit for use post procedure to help reduce bruising. These may be purchased in our office or can be found at any health food store.
- **Ultherapy is relatively uncomfortable.**
 - Some people elect to have the procedure without pain relief, but there are options.
 - Over-the-counter analgesic medication such as acetaminophen (Tylenol) may be taken prior to arrival.
 - Injectable lidocaine is an option to help reduce discomfort, but there is a risk of bruising/additional downtime.
 - We offer prescription anti-anxiety medication as well. If you choose to take oral anti-anxiety medication, please plan on having a driver.
 - Nitrous Oxide is also an option at an additional cost of \$72.