

## ULTHERAPY

### POST-TREATMENT CARE

Upon completion of your Ultherapy treatment, the skin may appear red for a few hours. It is not uncommon to experience slight swelling for a few days following the procedure or tingling/tenderness to the touch for few days to two weeks following the procedure; these effects are mild and temporary in nature.

Welts may appear post treatment. Ice should be applied to these areas. The welts may be present for 1 week to 6 weeks post treatment. This occurs when the 1.5mm transducer is used. They are a temporary side effect and they will fade over time.

Occasional temporary effects may also include bruising or welts, which will resolve in hours to 2 weeks.

Avoid vigorous exercise immediately following treatment and the same day of treatment.

Avoid hot tubs, saunas, steam rooms, jacuzzi, etc. immediately after treatment.

Avoid prolonged, unprotected exposure to direct sunlight the day of treatment.

You will be scheduled for a 3-month and 6-month follow up appointment to take "after" photos and to track your progress.

If you have any questions or concerns regarding your post-Ultherapy care, do not hesitate to call our office at 303-532-2810.

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