Dermatology of the Rockies

ULTHERAPY

PRE-TREATMENT INSTRUCTIONS

Ten days prior to your treatment, discontinue substances that can prolong bleeding and increase the chances of bruising, such as: aspirin, naproxen, ibuprofen, Aleve, vitamin E, fish oil, garlic tabs, ginkgo biloba, St. John's Wort, ginseng, and herbal tea. If you have been prescribed one of these medications, ask your doctor before you stop taking it.

Tylenol will not cause bruising and is preferred for the week prior to treatment.

For three days prior to the procedure, do not use topical retinoid products (Retin-A, Renova, Tretinoin,etc), glycolic acid, or salicylic acid, as these can irritate the skin.

Do not apply any creams, lotions, foundation, powder or other products prior to treatment.

Male patients should arrive clean-shaven.

Avoid alcohol the night prior to your treatment, as this also increases chances of bruising.

Wear comfortable, loose clothing to your treatment.

You are welcome to bring headphones to listen to a book on tape, music, podcasts, etc. during your treatment.

Prior to your treatment, photographs will be taken for before/after comparison at your follow-up appointment.

Thirty minutes prior to your treatment, you will be given 800mg of ibuprofen for maximum comfort during your procedure. This single dose will not exacerbate any bruising.

Before arriving for your appointment be sure to eat a significant meal to avoid taking Ibuprofen on an empty stomach.

If you are prone to cold sores and are having treatment around your mouth, please notify staff. We will give you Acyclovir immediately before treatment.

Please be advised that your menstrual cycle can make you more sensitive to pain and discomfort during treatment.

04/2022