

Ultherapy Pre-Procedure Instructions

- Avoid prolonged or direct sun exposure during the two weeks prior to your procedure. Please wear SPF 30 sunblock daily.
- Discontinue any irritant topical agents **2 to 3 days** prior to your procedure (i.e. Retin-A).

Treatment CANNOT be performed on:

- Anyone pregnant or breast-feeding
 - Anyone with an active skin infection
 - Anyone with a **current cold sore in the treatment area or has had a cold sore in the treatment area within 2 weeks** of their scheduled procedure.
 - Anyone on Accutane within the last six months
- Ultherapy may be **scheduled 2 weeks after a Botox or Dysport treatment and 3 months after dermal filler** injections in the treatment area. Dermal fillers are best scheduled after your Ultherapy procedure, as Ultherapy performed over dermal fillers has not yet been studied.
 - Skin must be healed from other laser treatments before having Ultherapy. If you are having laser treatments in conjunction with Ultherapy:
 - **Ultherapy must be done 1 week before** an elos® IPL (FotoFacial), Affirm, CO2, Laser Veins or Laser Hair Removal
 - **After an elos® IPL, Affirm or Laser Hair Removal** – wait 2 weeks before having Ultherapy
 - **After a CO2 or Laser Vein treatment** – wait 8-12 weeks before having Ultherapy

To decrease the risk of bruising:

- **One week prior** to your procedure stop taking all forms of Vitamin E, Green Tea, and Fish Oil, large quantities of Garlic, Non-Steroidal Anti-Inflammatory drugs such as Motrin, Ibuprofen, Aspirin, Aleve, and Excedrin. You may take Tylenol for one week before your Ultherapy treatment.
- Drink 8 oz. of pineapple juice or nectar twice a day, 2-3 days before and 2-3 days after your procedure.
- Take Arnica Montana Tablets (sub-lingual), 3-4 tablets, 3 times a day for 3-4 days before and after your procedure.
- Increase consumption of green leafy vegetables (Over)

On the day of your procedure:

- Remove all make-up on your face, eyes, and/or neck prior to your appointment. There should be no lotion, make-up, perfume, powder, or bath/shower oil present on the skin in the area to be treated. Arrive to your appointment with a clean face.
- Arrive **1 hour prior** to your procedure if your provider has recommended a topical application of the BLT anesthetic.
- **If you are taking prescription medications please arrive ½ hour before your scheduled procedure.**
- Bring any prescription pain medications with you on the day of your procedure and take as soon as you arrive at HLC (i.e. ½ hour before your scheduled treatment).
 - If you choose to take pain medications prior to your procedure, make arrangements for a driver to take you home afterwards.
- If you are treating around the lips and have a history of cold sores, you must start taking Acyclovir or Valtrex. A preventative dose will be prescribed for 7 days to prevent a cold sore or herpes breakout.
- **RESCHEDULE YOUR PROCEDURE if you get a cold sore within 2 weeks of your treatment or have the beginnings of an outbreak. It is prohibited to treat anyone displaying an active herpes simplex virus (cold sores) or recent symptoms.**
- Depending on the number of areas treated, please expect to be at **Harmony Skin & Wellness Clinic** for **1 to 2 hours**.

Ultherapy Post Care Instructions

- Refer to “What to Expect after Treatment” brochure to review outline of expected benefits of your treatment.
- Protect the treated area with daily use of SPF 30+ Sun screen.
- Wash the area(s) gently using a mild cleanser. All skin care products may be used as normal.
- Continue to take all prescribed medications as directed by the HSWC Physician.
- **Call Harmony Skin & Wellness Clinic at 970-282-8266 if you have any post-treatment concerns or if you experience a cold sore outbreak.**
- Inform **Harmony Skin & Wellness Clinic** if you have any tingling or numbness in the treated area(s). This side effect is transient and will resolve itself within 30 days of the procedure.
- If you experience bruising post-treatment: Take Arnica Montana sub-lingual tablets: 3-4 tablets, 3 times a day for 3-5 days after your treatment. Drink 8 oz. of pineapple juice or nectar twice a day, 2-3 days after treatment. Increase consumption of green leafy vegetables.