



Ultherapy Treatment Instructions

Pre-Treatment:

- Avoid retinol/retin-A/tretinoin and blood thinners (ibuprofen, aspirin, Vit. E, fish oil, etc.) 1 week prior
- Avoid excessive sun exposure or tanning 1 week prior
- Wait 2 weeks after neurotoxin/filler and 3 weeks after laser/microneedling before receiving Ultherapy
- Arrive with a clean face; men should be clean shaven for treatment
- You may pretreat with up to 800mg of Advil OR 650mg of Tylenol 1-2 hours prior to treatment
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees

Post-Treatment

- Redness, swelling, and tenderness are all normal and generally resolve within 3-5 days
- Bruising and welting are less common but can occur, and can last a few weeks after treatment
- Limit anti-inflammatory drugs such as Advil, Naproxen, Motrin, and Aspirin if possible, for 1 month after treatment to promote collagen production; Tylenol may be taken for pain/discomfort
- Icing can help decrease swelling and bruising, and makeup can be applied next day
- Skincare can be resumed next day, but wait 1 week to resume retinol/retin-A/tretinoin
- Avoid swimming, vigorous exercise, hot tubs, saunas, and steam rooms for 1-2 days.
- Avoid excessive sun, tanning beds/tanning products until redness has resolved.
- Hydrate well, as adequate water intake following treatment will improve treatment outcomes.
- Hyaluronic Acid skincare products can also help soothe the skin and improve treatment results.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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