



MANHATTAN
DERMATOLOGY

ULTHERAPY TREATMENT INSTRUCTIONS

TREATMENT PRIOR TO ULTHERAPY

- Avoid a “fresh” sunburn, which reddens the skin and makes it tender.
- For 3 days prior to the procedure, try not to use topical products containing tretinoin (e.g. Retin-A), glycolic acid, or salicylic acid, as these can irritate the skin.
- On the day of treatment, please try to arrive with clean skin, the treatment area free of any makeup and lotions.
- We generally administer ibuprofen 800mg, as well as topical numbing cream 1 hour prior to the procedure. Most patients opt for additional pain control, and we will discuss these options with you prior to your procedure. We recommend getting a ride or Uber.

TREATMENT FOLLOWING ULTHERAPY

Typically, you may return to your normal activities after Ultherapy.

- Wash skin with cool water and a gentle cleanser.
- If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until the “blush” has subsided (usually within in an hour).
- Avoid exfoliation for at least a couple of days or until all sensitivity in the treatment area has subsided.
- Makeup (preferably mineral based) may be applied immediately post treatment.
- Soothing, non-irritating creams or moisturizers may be used.
- Use a sun block with an SPF of 30 or greater if going out into the sun to help prevent future sun damage.
- You may feel sore and have some mild numbness in the areas treated. These findings are to be expected and will subside quickly, but may last for a couple of weeks in some patients.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 546-1188.