



MANHATTAN  
DERMATOLOGY

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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—make sure to keep the skin moisturized though.
- On the day of treatment, please try to arrive with clean skin, the treatment area free of any makeup and lotions.
- One hour prior to the procedure, we generally administer ibuprofen (800mg), as well as topical numbing cream. Most patients opt for additional pain control, and we can administer these as well while you are numbing. We recommend getting a ride or taking 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.*