



Adebola Dele-Michael, MD FAAD
Insoo Om, RPA-C

Ultherapy® treatment before & after care instructions

1. Are you prone to cold sores? If so inform us so we can provide antiviral prophylactic treatment.

Comfort measures :

2. Ibuprofen: Please take 800mg of Ibuprofen with a snack or meal 1 hour prior to treatment.
3. Xanax: If you have opted to use Xanax during your treatment, please take the medicine as directed 1 hour prior to treatment and bring one tab with you to the office if needed for additional anti-anxiety measures.
4. You must have a driver or companion if you opt to use Xanax during treatment.

Day of treatment :

5. Take the pre-procedure medications that were recommended or prescribed.
6. All men must shave their face the day of the procedure if they plan to have facial treatment.
7. Continue to use your current skin care regimen unless otherwise instructed by Dr. Dele-Michael and her staff.
8. Showering: It is okay to shower and cleanse the skin immediately after the procedure.

Post treatment expectations:

9. You may return to your normal activities immediately after the procedure
10. Your skin may appear flushed after the treatment, this typically fades within 30 minutes to a few hours after treatment
11. You may experience mild swelling for a few days following the procedure. Elevate your head on two pillows to decrease swelling. Ice 20 minutes per hour for significant swelling. Please know that swelling is most common under the eye area.
12. You may experience mild tingling, soreness and tenderness to touch for a few weeks following the procedure especially if you received treatment along the jawline. This is a normal part of the healing process.
13. Small areas of bruising, welts or numbness are also a normal side effect of this procedure and will resolve in a matter of days to weeks.
14. The skin will continue to improve over the next **90+ days** as collagen regeneration, lifting and toning continues to take place.
15. Possibility of nerve inflammation: local muscle weakness may rarely occur after treatment due to inflammation of a motor nerve. This is a temporary and normal reaction and will resolve in a period of days to weeks.
16. Temporary numbness of the skin may result after treatment due to inflammation of a sensory nerve. This is due to irritation of a nerve from the ultrasound procedure and will resolve over time (typically days to weeks with most patients)
17. For best results, consider the following lifestyle modification- smoking cessation, impeccable sun protection, use of rejuvenating skin care products

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Post treatment comfort measures: most patients do not have any post treatment concerns or discomfort

18. OTC Ibuprofen or acetaminophen may be used if needed for swelling/inflammation.
19. OTC antihistamine such as Claritin or Zyrtec may be used to ease itching
20. We will provide a prescription of an anti-inflammatory cream to apply for welts/irritation as needed.
21. Cold packs may be applied post-treatment to ease any temporary discomfort. Please ice twenty minutes per hour, maximum. You may use a frozen bag of peas or a bag filled with ice and a small amount of water. Do not apply directly to skin, wrap in a soft cloth before allowing the ice pack to touch the treated area.
22. For any questions or concerns, contact us at 212-229-0007 or info@radiantskinNYC.com

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