



Ultherapy™ Pre-Treatment Instructions

Always follow the medical advice of your physician regarding the care of your skin.

1. Avoid excessive sun exposure 1 week prior to the treatment.
2. For three days prior to the procedure, do not use topical products containing retinoids (e.g. Retin-A), glycolic acid or salicylic acid, as these can irritate the skin.
3. Please come to the office without make-up. The make-up can impair the delivery of the ultrasound energy through the skin.
4. Over-the-counter, analgesic medication such as acetaminophen (Tylenol) may be taken prior to arrival. Ultherapy is relatively uncomfortable. While some people elect to have the procedure without numbing, we recommend injectable lidocaine to help reduce discomfort. We also offer prescription anti-anxiety medication as well. If you choose to take oral anti anxiety medication, please plan on having a driver.
5. Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as ibuprofen, Vitamin E, Ginger, Ginko Bilboa, Ginseng, and Garlic 7-10 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
6. To further decrease the risk of bruising you may start Arnica or Arnica/Bromelin supplements one day prior to your procedure and continue a few days following the procedure. Arnica gel may be of benefit for use post procedure to help reduce bruising. These may be purchased in our office or can be found at any health food store.
7. Protect your investment with a good skin care regimen. Our cosmetic coordinator can discuss our recommended products with you.



WILMINGTON

DERMATOLOGY

C E N T E R

Ultherapy™

What to Expect From the Procedure

1. When you arrive at the office pre procedure photographs will be taken. If you plan on taking oral anti-anxiety medication please let the nurse know so they can be given to you.
2. Your skin will be marked to plan out the treatment areas.
3. Once you are marked the nurse will numb the skin with injectable lidocaine.
4. Each treatment takes 1.5 hours and you can expect to feel some soreness, numbness and tingling after the treatment. This is normal and will resolve in 2-3 weeks after the treatment.
5. Bruising may take 5-7 days to resolve.
6. You can resume all of your normal activities and skin care regimen immediately following the treatment.
7. It will take 3-6 months to see optimal results.

Dr. Rosalyn George
710 Military Cutoff Road, Suite 320
Wilmington, NC 28405
(910) 256-4350
(910) 239-5032 fax
office@wilmingtondermatologycenter.com