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POST CARE for Ultherapy

1. Post treatment expectations:

- You are able to return to your normal activities immediately after the procedure
- Your skin may appear flushed after the treatment, but typically fades within a few hours after treatment
- It is not uncommon to experience swelling for a few days to weeks following the procedure.
- Tingling, soreness and tenderness to touch for a few weeks following the procedure are common and a normal part of the healing process.
- 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.
- The skin will continue to improve over the next 90+ days as cellular regeneration, lifting and toning continues to take place.

2. Possibility nerve inflammation:

- Local muscle weakness may result 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.
- 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).

3. Possibility of edema (swelling):

- Elevate your head on two pillows to decrease swelling.
- Ice 20 minutes per hour for significant swelling. Icing instructions listed above.
- Please know that edema is most common under the eye area.

4. Post treatment comfort measures:

- OTC Ibuprofen or acetaminophen may be used if needed for swelling/inflammation.
- OTC antihistamine such as Benadryl or Zantac may be used to ease itching
- Apply OTC hydrocortisone 1% to small areas of welts/irritation as needed.
- Cold packs may be applied post-treatment to ease any temporary discomfort. Do not apply directly to skin, wrap in a soft cloth before allowing the ice pack to touch the treated area.
- If the skin is broken or a blister appears, contact us (408) 985-2900.
- Discomfort usually resolves by within days to weeks, but may last longer in some patients.

5. Sun precautions:

- As always, please continue sunscreen (SPF40 or greater) following the treatment and as part of your daily skin care regimen. You should avoid exposing your skin to extremes of heat and cold.
- No hot tubs and spas for at one week post-treatment.

6. Please don't hesitate to call us at any time with any concerns