



# TIMELESS

## SKIN SOLUTIONS

### **ultherapy®** **before & after treatment instructions**

1. Cold sores:
  - Are you prone to cold sores? If so, we will provide antiviral prophylactic treatment.
2. Comfort measures:

Ibuprofen:

  - Please take 800mg of ibuprofen 2 hours prior to treatment.

Valium:

  - If you have opted to use Valium during your treatment, please take one 5mg tablet 1 hour prior to treatment and bring the remainder of your prescription to the office with you at the time of procedure for additional anti-anxiety measures.
  - You must have a driver if you do opt to use Valium during treatment. (If you are unable to find a ride then you can chose to use [www.bemydd.com](http://www.bemydd.com).)
3. Regarding facial hair and shaving for men:
  - All men must please shave their face the day of the procedure.
4. Skincare:
  - Be sure to thoroughly wash your hands prior to touching your face post treatment.
  - Continue to use your current skin care regimen unless otherwise instructed from your provider.
5. Showering:
  - It is okay to shower and cleanse the skin immediately after the procedure.
6. Post treatment expectations:
  - If you opted out of Valium, 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.
  - It is not uncommon to experience swelling for up to a week following the procedure.
  - Tingling, soreness, and tenderness to the touch for a few weeks following the procedure are not uncommon, 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 120+ days as cellular regeneration, lifting and toning continues to take place.

7. Possible 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).
8. Possibility of edema (swelling):
  - Elevate your head on two pillows to decrease swelling post procedure.
  - Ice 20 minutes per hour for significant swelling.
  - Please know that edema is most common under the eye area.
9. Post treatment comfort measures:
  - OTC ibuprofen or acetaminophen may be used if needed for swelling/inflammation.
  - OTC antihistamines 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. Please ice 20 minutes per hour, maximum. You may use a frozen bag of peas or a baggie filled with ice and a small amount of water, but 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, apply antibiotic ointment (Neosporin or Polysporin) and contact us (614-799-5100 or [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com)).
  - Discomfort usually resolves within two weeks, but may last longer in some patients.
10. Sun precautions:
  - As always, please continue sunscreen (SPF of 15 or greater) following the treatment and as part of your daily skin care regimen.

If you have any questions or concerns, please don't hesitate to call us at (614) 799-5100 or email [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com).