



# Radiant Skin Dermatology and Laser

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General | Cosmetic | Dermatologic Surgery

## ULTHERAPY® TREATMENT BEFORE & AFTER CARE INSTRUCTIONS

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

### **Comfort measures:**

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

### **Day of treatment:**

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

### **Post treatment expectations:**

- You are able to return to your normal activities immediately after the procedure
- Your skin may appear flushed after the treatment, this 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 not uncommon especially along the jawline. This is 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 collagen regeneration, lifting and toning continues to take place.
- Possibility of nerve inflammation: local muscle weakness may rarely occur after treatment due to

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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).
- Possibility of swelling: 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.

## Post treatment comfort measures:

- OTC Ibuprofen or acetaminophen may be used if needed for swelling/inflammation.
- OTC antihistamine such as Claritin or Zyrtec may be used to ease itching
- We will provide a prescription of an anti-inflammatory cream to apply for welts/irritation as needed.
- 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.
- If the skin is broken or a blister appears, apply antibiotic ointment (Bacitracin) and contact us at 212-229-0007 or [info@radiantskinNYC.com](mailto:info@radiantskinNYC.com).

Visit <http://www.radiantskinNYC.com/our-services/cosmetic-dermatology/ulthera.aspx> for more information.

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