



Beachwood Plastic Surgery & Medical Spa
3609 Park East Drive, Suite 206
Beachwood, OH 44122
(216)514-8899

Westlake Plastic Surgery & Medical Spa
226 Crocker Park Blvd., Suite 380
Westlake, OH 44145
(440)871-8899

INSTRUCTIONS BEFORE ULTHERA™ TREATMENT

Please call with any questions.

- **A driver is required to take you to and from your appointment.** This is so you can take prescription pain medicine prior to your procedure.
- Take 1 Percocet **20 minutes prior to procedure.** Bring any remaining medication with you to your appointment.
- **Please eat a good breakfast/lunch prior to taking medication.**
- **Arrive with your face recently washed. Do not apply any makeup, creams, lotions, powder or any other products prior to treatment.**
- **Wear a shirt without a collar or turtleneck.**
- **Do not wear jewelry to your appointment.**
- **Your hair should be loosely pulled back.** If your hair does not reach into a ponytail we will pull it back in a headband for you when you are here.
- **For 3 days prior to your procedure, do not use topical products containing Tretinoin (Retin-A), glycolic acid or salicylic acid.** They can sometimes irritate the skin.

INSTRUCTIONS AFTER ULTHERA™ TREATMENT

Typically, you may return to your normal activities after ULTHERA™. You should, however, follow the medical advice of your physician regarding the care of your skin.

- Wash skin with cool water and a gentle cleanser.
- If the skin is slightly pink or red in area following the treatment, avoid hot water when washing or showering until the “blush” has subsided (usually within an hour).
- Avoid exfoliation for at least one week or until all sensitivity in the treatment area has subsided.
- Makeup (preferably mineral-based) may be applied immediately post treatment.
- Soothing, non-irritating creams or moisturizers may be used.
- Use sun block with an SPF of 30 or greater if going out into the sun to help prevent future sun damage.
- If small discrete/isolated welts develop after treatment, please notify our office and place aquaphor on areas of concern.

You practitioner will describe the nature and timing of possible changes you may notice over time from Ultherapy.

If you have any further questions or concerns, contact us at:

Beachwood office: 216.514.8899 or Westlake office: 440.871.8899