

ULTHERAPY® INSTRUCTIONS

Before Treatment...

1. Avoid sun exposure that could result in a “fresh” sunburn 7 days prior to your procedure. Take similar care to avoid self-tanners or spray tans a week before your Ultherapy treatment.
2. For 7 days prior to the procedure, do not use topical products containing isotretinoin (ex. Retin-A®), glycolic acid, or salicylic acid, as these can irritate the skin.
3. Gently wash the area you intend to treat with a mild cleanser. Do not apply any creams, lotions, foundation, powder, or other products prior to treatment.
4. Start taking Valtrex® 3 days prior to your procedure.

After Treatment...

5. Wash skin with cool water and a gentle cleanser.
6. If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until the ‘blush’ has subsided (usually within an hour).
7. Avoid exfoliation for at least one week or until all sensitivity in the treatment area has subsided.
8. Make-up (preferably mineral-based) may be applied immediately post-treatment.
9. Soothing, non-irritating creams or moisturizers may be used.
10. Use a sunblock with an SPF 30 or greater if going out into the sun to help prevent sun damage.
11. Continue taking Valtrex® until your prescription is finished.

If you have any further questions, please call our office at (212) 684-2626.