



PRE AND POST TREATMENT INSTRUCTIONS ULTHERAPY

There is no visible sign of treatment after an Ultherapy procedure nor are there any post procedure restrictions.

2 Weeks before treatment: Stop all blood thinning supplements and medications. Some of these may include St. John's Wort, Fish Oil/Omega 3, Flax Seed Oil, Red yeast rice and Vitamin E, Ibuprophen and aspirin. These supplements will increase bruising and bleeding if Dr. Hazen chooses to inject prior to treatment. As always, consult with your doctor if you are on a prescription prior to stopping. Tylenol is fine to take.

Day of treatment: Oral pain medications are sometimes taken prior to the start of the Ultherapy procedure to enable the delivery of an effective treatment while ensuring patient comfort. For this reason, patients taking this medication may not drive themselves home after the Ultherapy procedure. Patients may also use ProNox which is a gas that manages discomfort. The gas leaves the patient's system in 8-10 minutes, which in turn patients are able to drive themselves to the procedure.

Post Treatment: Bruising may occur and can last 7-14 days. Please plan your events accordingly. Sinnech Arnica (sold in our office) is a homeopathic supplement. It has been shown to reduce bruising. It is recommended that you take the best possible care of your skin following the procedure to help maximize results. This means using quality, medical grade skin care products sold in our office. Ultherapy results appear gradually over time and final results may take up to 6 months to be complete.

As always, please call our office with any questions: 609-921-7747.