



## PRE AND POST TREATMENT INSTRUCTIONS ULTHERAPY

There is no "downtime" after your Ultherapy procedure, and you may resume normal activities without restrictions in the days following your procedure.

**2 Weeks before treatment:** Stop all blood thinning supplements. Some of these may include St. John's Wort, Fish Oil/Omega 3, Flax Seed Oil, Red Yeast Rice and Vitamin E, Ibuprofen, and Aspirin. These supplements will increase bruising and bleeding if Dr. Hazen does local injections. Tylenol is fine to take. As always, consult with your doctor before stopping any prescription medication. Avoid consuming alcohol the night before your procedure.

**Day of treatment:** During your consultation Dr. Hazen may discuss the use of local injections to make your Ultherapy treatment as comfortable as possible. This is very common for most patients. Oral pain medications are another alternative to manage patient comfort. If you opt for oral pain medication, you will be required to have someone drop you off and pick you up for the procedure. You may also opt to use ProNox, which is a gas that manages discomfort. The gas leaves your system in 8-10 minutes, which in turn allows you to drive home safely after 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.

**Remember:** Ultherapy results appear gradually over time as the body stimulates collagen production, and final results can appear up to six months later.

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