

## **Ultherapy Aftercare Instructions**

Thank you for choosing us for your Ultherapy treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

### **What to Expect:**

- Mild to moderate redness, swelling, or tenderness in treated areas
- Tingling, numbness, or slight bruising may occur
- Possible sensation of tightness or sensitivity to touch
- Visible lifting and tightening typically develops over 2–3 months after treatment

### **Immediately After Treatment:**

- Mild redness or puffiness may be noticeable but usually subsides within a few hours
- Skin may feel slightly tender or warm to the touch
- Makeup can be applied immediately unless otherwise advised
- No downtime is required — you may return to normal activities right away

### **First 24 Hours:**

- Avoid strenuous exercise or heavy sweating to minimize swelling
- Stay hydrated and use a gentle cleanser and moisturizer
- Avoid direct sun exposure; apply broad-spectrum SPF 30+ if outdoors
- Refrain from using active skincare ingredients (retinoids, acids) on treated areas

### **Ongoing Care (Days 2-14):**

- Continue to gently cleanse and moisturize your skin daily
- Always protect your skin with sunscreen to support collagen regeneration
- Avoid aggressive exfoliants, microdermabrasion, or laser treatments for at least 2 weeks
- Be patient — full results develop gradually as new collagen builds
- Schedule follow-up or maintenance treatments if recommended by your provider

### **When to Contact Us:**

Please reach out immediately if you experience:

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- Persistent or worsening swelling, redness, or pain beyond 7 days
- Signs of infection (warmth, discharge, increased tenderness)
- Severe or prolonged numbness or unusual symptoms

## **Additional Tips:**

- Consider using collagen-boosting skincare products (consult your provider)
- Maintain a healthy lifestyle (hydration, good nutrition, sun protection) to enhance and prolong results
- Multiple sessions may be suggested for optimal long-term improvement

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!