



Ultherapy Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

IMPORTANT: if you suffer from cold sores please take anti-viral prior and during treatment recovery.

Post - Treatment

- Immediately post treatment, you could feel heat to the area treated, this will resolve within a few hours.
- You may have small red raised marks on skin post treatment in bony areas. This is normal and can last up to 24 hours but should reduce within a few hours.
- Avoid hot extremes for the first few days' post treatment such as sauna, steam room.
- Avoid excessive exercise for 24 - 48 hours post treatment.
- Used SPF 30+ on exposed areas treated daily during and after course of treatments.
- Avoid using harsh products or active ingredients for a few day's post treatment i.e. retinol, glycolic, AHA's etc.
- Skin and laser treatments to be avoided for 4 weeks post treatment.
- Make-up can be applied daily after treatment.

Side Effects

Can include temporary numbness sensation, temporary nerve sensitivity including local muscle weakness, local numbness and momentary discomfort during the procedure while energy is been delivered. Side effects may also include redness, swelling, discomfort, possible bruising.

Adverse Reactions

Although rare may occur such as blistering, scarring, crusting, hyperpigmentation, hypopigmentation, cold sore breakout and infection.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.