

lachele

AESTHETICS & WELLNESS

Ultherapy Post Treatment Instructions

Typically, you may return to your normal activities after Ultherapy®. You should, however, follow the medical advice of your provider regarding the care of your skin.

- **Refrain from icing.** We want the heat injury and inflammation to happen.
- You may take Tylenol (**not Advil or NSAIDS**) for any discomfort.
- Wash the skin with cool water and a gentle cleanser. We recommend the **SkinMedica Facial Cleanser** sold in our offices.
- 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*).
- **Avoid exfoliation for at least one week** or until all sensitivity in the treatment area has subsided.
- Makeup (*preferably mineral-based*) may be applied immediately post treatment. Bruising is possible, and usually resolves within 1-2 weeks. Please report to us so we can keep our statistics accurate.
- It is not uncommon to have soreness along boney ridges. This will resolve, getting better each day, over the next few days to weeks.
- You may feel numbness in certain areas that were treated. This will resolve, getting better each day, over the next few days to weeks.
- Soothing, non-irritating creams or moisturizers may be used.
- Use a sun block with an SPF of 30 or greater if going out into the sun. We recommend **Elta MD Sunscreens**.

If you have any questions or concerns, please call our offices at (855)522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908)303-5694. You can also email us at team@lachele.com