

**Ultherapy Pre and Post Care Instructions**

*Patients with any of the following medical conditions are not candidates for Ultherapy:*

- Psoriasis on face or head
- Epilepsy
- Bells Palsy
- Pregnancy
- Cystic acne in treatment area
- Open lesions in treatment area
- Metal implants or stents in treatment area (this does not include dental work)

*Patients with the following medical conditions should take additional precautions. Please discuss with your treatment provider:*

- Blood disorders
- History of cold sores
- Auto-immune diseases

*Prepare for your treatment:*

- You may experience mild, momentary discomfort. Taking 800mg of Ibuprofen 30 minutes before treatment may reduce any sensitivity.
- Skin must be fully healed from any prior laser treatment or chemical peel before receiving Ultherapy.

*Avoid these products and/or procedures before your treatment:*

- Patients should not receive Xeomin (neurotoxin) two weeks before or two weeks after an Ultherapy treatment.
- Please advise your treatment provider if you have received a dermal filler treatment within the past 6 months. Please postpone any upcoming dermal filler treatments until after your Ultherapy treatment.

*After treatment:*

- You may resume your regular activities.
- A skin care regimen containing antioxidants, growth factors, retinols, and broad-spectrum SPF is recommended.

- Protect your treatment and investment by avoiding excessive sun exposure and smoking as these cause additional aging in the skin and the need for additional treatments may be required.