



## Ultherapy Post Treatment Instructions

### Immediately after ultherapy treatment:

- Contours: Slight lifting and toning with minor swelling.
- Sensation: Skin may feel tighter, slightly tender, and possibly some tingling and numbness.
- Texture: Skin may exhibit lines of superficial “cat scratch-like” swelling.
- Color: Skin may exhibit redness and possibly some minor bruising.

### First week post-treatment:

- Contours: Slight lifting and toning with minor swelling.
- Sensation: Skin feels tighter, slightly tender, tingling and possible numbness.
- Texture: Skin exhibits slight plumping of fine lines.
- Color: Skin may exhibit minor bruising.

### 30 days post-treatment:

- Contours: Slight lifting and toning.
- Sensation: Skin feels tighter, slightly tender, tingling and possible numbness.
  - Skin is more receptive to make-up coverage.
- Texture: skin exhibits a smoother texture.
- Color: skin is brighter and more even toned.

### 60 days post-treatment:

- Contours: Additional lifting and toning for a more youthful shape.
  - If brows were treated:
    - Brow elevation (overall or outer portion) for a more “open” look to the eye.
    - Less hooding of the lid/more lid showing.
- Sensation: Skin feels tighter, more toned, softer and smoother.
- Texture: Skin shows a reduced “crepe paper-like” texture.
- Color: Skin looks brighter and more even toned.

### 90 days and beyond post-treatment:

- Contour: Additional lifting and toning for a more youthful shape.
  - If brows were treated:
    - Brow elevation (overall or outer portion) for a more “open” look to the eye. Less hooding of the lid/more lid showing.
  - If chin was treated:
    - Reduced sagging under chin.
- Sensation: Skin feels tighter, thicker/more cushioned; more toned, softer and smoother.
- Texture: Skin shows a reduced “crepe paper-like” texture.
- Color: Skin looks brighter and more even toned.

Please schedule a three and a six-month follow-up appointment with your provider to review your results and to take post-treatment photos.

**Please call our office if you have any questions or concerns.**