

# lachele

AESTHETICS & WELLNESS

## Ultherapy Pre Treatment Instructions

- Please arrive with a clean face. DO not apply any creams, lotions, foundation, powder or other products prior to treatment.
- For pain control, Tylenol 650mg by mouth and Ibuprofen 600mg by mouth may be taken 1 hr. prior to treatment.
- To enhance your comfort, we offer the use of ProNox/ Nitrous Oxide to be used during your treatment session. (You do NOT need to plan for transportation if you choose this. It will NOT affect your ability to drive)
- Although rare, the risk of bruising is a potential one with certain medications and supplements including anticoagulants (blood thinners), fish oil and vitamin E. Please make your provider aware if you are taking any of these.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)

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A E S T H E T I C S & W E L L N E S S

## Ultherapy Post Treatment Instructions

Typically, you may return to your normal activities after Ultherapy®. You should, however, follow the medical advice of Dr. Espinoza 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.
- 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 and 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.

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