



ULTRATHERAPY INSTRUCTIONS

Pre-treatment:

- Follow your skincare regimen and wear SPF.
- Start using Neocutis NeoFirm **2 weeks prior** to treatment for best results.

Post-treatment:

- DO NOT use antihistamine or anti-inflammatory medications for **1 week post treatment**. (Zantac, Benadryl, Motrin, turmeric, pineapple, arnica)
- Stay hydrated - increase your water intake to half of your body weight in fluid ounces. (*ex. If your weight is 160lbs, drink at least 80 ounces of water a day.*)
- Continue to follow your skincare regimen and wear physical SPF.
- Continue using Neocutis NeoFirm for **3 months post treatment**.
- Start a peptide and apply to treated area daily.

- EXPECT to feel sore after the treatment for up to a few weeks post procedure.
- EXPECT to see your results at 6-8 weeks, *with best results are seen at 3 months*.
- EXPECT photos taken at the 3-month post treatment appointment to compare and analyze your results.

Remember:

- For best results, we recommend pairing your Ultherapy with other treatments like microneedling, PCA peels, and a good medical grade skincare regimen.
- After treatment, slight redness, swelling, tenderness, tingling or numbness and occasionally bruising in the treatment area is normal and can persist for 14 days on average.
- Significant changes in weight can effect results.
- Take Tylenol (acetaminophen) as needed for discomfort – DO NOT take any NSAIDS.