



## Ultherapy Post-Treatment Instructions

- Start increasing your water intake to half of your body weight in fluid ounces.  
(ex. If your weight is 160 lbs, drink at least 80 ounces of water a day.)
  - Follow your skincare regimen and wear physical SPF.
  - Start a peptide and apply to treated area daily.
  - Start a walking program. Try to walk at least 20 minutes, three times a week. Studies show exercising may improve overall collateral blood flow.
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- EXPECT to feel sore after the treatment.
- EXPECT to start seeing your results at 6-8 weeks. Best results are seen at 3 months.
- EXPECT photos taken at the 3-month post-treatment appointment to compare and analyze your results.

**REMEMBER:** This treatment will offer improvement, but not perfection. *This is not surgery.* For best results, we advise pairing your Ultherapy with microneedling, PCA peels and a good skincare regimen with recommended medical grade products. We package these for more affordable pricing.