

## **PRE AND POST CARE INSTRUCTIONS – HIGH INTENSITY FOCUSED ULTRASOUND**

### **Pre-Care Instructions:**

- **4 Weeks Before:** Avoid Dermal Fillers at least 4 weeks prior to treatment.
- **3 Weeks Before:** Notify your provider if you have a history of cold sores/ fever blisters
- **2 Weeks Before:**
  - Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment.
  - Avoid blood thinners and heavy alcohol 2 weeks prior to treatment.
- **1 Week Before:** Avoid Botox at least 1 week prior to treatment.
- **3 Days Before Treatment:** Do not use the following products 3 days before or 3 days after your treatment or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams.

### **Day of Treatment:**

- After cleansing the skin and identifying the specific areas to be treated, your practitioner will apply the ultrasound gel and place the smooth treatment applicator against your skin. Next, your provider will use ultrasound imaging to first see deep within the skin to determine optimal placement of the treatment energy, and then deliver the focused ultrasound energy beneath the skin's surface.
- During the treatment delivery, you will feel tiny amounts of energy being deposited to precise depths, indicating that the collagen-building process has been initiated.

**Contraindications:** Ultrasound skin tightening is contraindicated for use in patients with open wounds or lesions in the treatment area, severe or cystic acne in the treatment area, and active implants (e.g., pacemakers or defibrillators), or metallic implants in the treatment area. Furthermore, this technology has not been evaluated for use over various materials. Therefore, treatment is not recommended directly over those areas with mechanical implants, dermal fillers, or breast implants. Treatment energy is not recommended for use directly on an existing keloid. Has not been evaluated for use in the following patient populations: pregnant or breast feeding women, children, a hemorrhagic disorder or hemostatic dysfunction, an active systemic or local skin disease that may alter wound healing, Herpes Simplex, Autoimmune Disease, Diabetes, Epilepsy, Bell's Palsy.

### **Post-Care Instructions:**

- **Up to 3 days post treatment:** Do not use the following products 3 days before or 3 days after your treatment or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams.
- **Up to 2 weeks after:**
  - Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment.
  - Avoid blood thinners and heavy alcohol 2 weeks prior to treatment.
- **Immediately after:**
  - The treated skin areas may appear red or slightly swollen, which may last a few hours or longer.
  - It is normal to experience mild tenderness, swelling and bruising along the jaw line for several days in some cases longer. Some patients may experience mild bruising with the procedure. If you have more significant bruising, we recommend oral or topical Arnica to minimize bruising.
  - Temporary welts that last a few days may occur. If this occurs ice the area each hour for 5-10 minutes.
  - Numbness and shooting pains, particularly on the brow bone area may occur temporary and will resolve soon.

**You may resume regular activities immediately after the procedure. There are no limitations to your activities other than what we have stated above.**