

Post-operative Instructions Following Ultherapy®

Ultherapy® is the only non-invasive procedure FDA-approved to lift skin on the brow, neck, and under the chin. The procedure non-surgically lifts and tightens skin tissue with no downtime.

General:

Because everyone's skin is different, results will vary. In the early days of treatment, patients commonly report some lifting, and as an added bonus, a smoothing out of fine lines. While this immediate "plumping effect" can be temporary, it signals that the beneficial process of new collagen generation has begun.

Skin lifting is reported to continue to build over the next 2-3 months. Further improvements can even appear up to 6 months following a procedure.

Swelling and Bruising

You may have some swelling and bruising after your treatment. Makeup can help hide the bruises immediately after the procedure. Cool compresses applied to the face and especially the eyes will help reduce the swelling more quickly. You should use the cool compresses for as much as possible for the first several days. **Avoid placing anything frozen directly on the skin.**

Activity:

Regular activity can be resumed after the procedure is completed.

Medications:

Take medications as prescribed by Dr. Zimm.

Follow-up appointments:

Your follow up appointments in the office will be 3 months following your treatment. If you do not have these appointments made, please contact our office.

What to Expect

Note: results will vary

Target Issues	Immediate	First Week +	Day 30+	Day 60+	Day 90 and beyond
Skin Lifting, Toning, Shaping Sagging eyelid Skin Lax, loose skin under the chin Loose skin on the neck	Slight lifting & toning Minor swelling	Slight lifting & toning Minor swelling	Slight lifting & toning	Additional lifting & toning for a more youthful shape Brow elevation (overall or outer portion) for a more “open” look to the eye Less hooding of the lid/more lid showing	Additional lifting & toning for a more youthful shape Brow elevation (overall or outer portion) for a more “open” look to the eye Less hooding of the lid/more lid showing Reduced sagging under the chin
Skin Feel	Tighter Slight tenderness Tingling Numbness	Tighter Slight tenderness to touch Tingling Numbness	Tighter Slight tenderness to touch Tingling Numbness More receptive to make-up	Tighter More toned, better-fitting skin Soft, more resilient Smoother	Tighter, thicker/more cushioned More toned, better-fitting skin Softer, more resilient Smoother
Texture	Slight plumping of fine lines	Slight plumping of fine lines	Smoother texture	Reduced crepe paper texture Smaller pores	Reduced crepe paper texture Smaller pores
Color	Erythema (redness) Minor bruising (occasional)	Minor bruising (occasional)	More even tone Brighter	More even tone Brighter	More even tone Brighter