

Pre and Post Care with High Intensity Focused Ultrasound

Pre-Treatment

- 3-4 days prior to treatment, do not use topicals containing Retin-A, Glycolic or Salicylic acid, as this can irritate the skin.
- Morning of treatment - **DO NOT apply any make up.** Skin must be clean.
- Refrain from alcohol, Advil, Aleve, aspirin for 48 hours prior to treatment as they can increase the risk of bruising and bleeding
- Take two plain Tylenol extra-strength 30 minutes prior to your appointment time

Post-Treatment

- If you have erythema (redness) and heat after treatment, you can apply cold compresses at home
- Use a gentle cleanser, moisturizer and sunscreen of SPF 40+ daily. Wear sunscreen everyday year round!
- Avoid intense exercise for 48 hours post treatment as this will increase redness and inflammation of the skin potentially delaying the healing process.
- Avoid exfoliation, and products with active ingredients for 1 week after treatment.
- Tenderness/numbness along jawline can last up to 1 week.
- You may take plain Tylenol for pain relief after the treatment