



212.366.4787 | www.beautyfixmedspa.com

ULTHERAPY PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Gently wash the treatment area with a mild cleanser.

Do not apply any creams, lotions, foundation, powder or other products prior to treatment.

Ibuprofen may be taken prior to the treatment as directed by your BeautyFix Provider.

POST-TREATMENT INSTRUCTIONS

You can resume normal activities immediately after treatment without any restrictions or requirements.

Skin may appear flushed after the treatment, but typically fades within a few hours.

Tingling, soreness, and tenderness to the touch for a few weeks following the procedure are not uncommon, and a normal part of the healing process.

Small areas of bruising, welts, or numbness are also a normal side effect of this procedure and will resolve in a matter of days to weeks.

Elevate your head on two pillows to decrease swelling post-procedure and ice the treated area **20 minutes per hour** for significant swelling. Swelling is most common under the eye area. Ibuprofen or acetaminophen may be used if needed for swelling/inflammation.

Continue sunscreen use (SPF of 15 or greater) following the treatment and as part of your daily skin care regimen.

If the skin is broken or a blister appears, apply antibiotic ointment, such as Neosporin or Polysporin.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.