

ULTRASOUND TREATMENT

PRE AND POST CARE

Ultrasound treatments are non-invasive procedures used in dermatology to stimulate collagen production, tighten skin, and reduce the appearance of fine lines and wrinkles. This technology uses sound waves to penetrate the deeper layers of the skin, promoting tissue regeneration and a firmer, more youthful appearance. Ultrasound treatments are effective for the face, neck, and décolletage.

Results from ultrasound treatments gradually appear as collagen production increases, typically within three to six months. The effects can last up to a year or more, and maintenance treatments are often recommended to sustain results.

You should follow all pre- and post-care instructions closely in order to maximize your potential outcomes and minimize the risk of complications. If you experience any issues not mentioned here, contact our clinic for further guidance

Pre-Treatment Care

- **Avoid sun exposure:** Refrain from tanning or excessive sun exposure for at least two weeks before your appointment.
- **Stay hydrated:** Drink water before your treatment to keep your skin healthy.
- **Avoid certain medications:** Do not take aspirin, anti-inflammatory drugs, or blood thinners for at least one week before treatment unless otherwise directed by your healthcare provider.
- **Avoid alcohol:** Do not drink alcohol 24 hours before treatment to minimize bruise risk.
- **Clean skin:** Arrive at the appointment with a clean face, free of makeup, creams, or lotions.

Post-Treatment Care

After your ultrasound treatment, follow these post-care guidelines to enhance results and reduce any discomfort:

- **Apply cold compresses:** Prior to the procedure, apply cold compresses to the treated areas for 10-15 minutes every few hours until swelling and discomfort are minimized.
- **Avoid makeup:** After undergoing treatment, refrain from applying makeup or other skin care products for 24 hours.
- **Keep the skin moisturized:** Use a gentle, hydrating moisturizer to soothe irritation and promote healing.
- **Avoid direct sunlight:** Refrain from going out into the sun for at least two weeks post-treatment, and use a strong sunscreen daily to protect the treated areas.
- **Avoid strenuous activity:** Refrain from exercise or heavy physical activity for at least 48 hours to reduce swelling.
- **Avoid alcohol and tobacco: It is recommended that you avoid alcohol and tobacco for 48 hours after treatment, as this can impede healing.**
- **Do not exfoliate:** For one week after the procedure, avoid using harsh scrubs or exfoliants on the treated areas.
- **Stay elevated:** Sleep with your head elevated to reduce swelling for the first few nights after treatment.

If you have any concerns or questions about your pre- or post-care routine, don't hesitate to contact our office. We're here to help you achieve the best possible outcome from your ultrasound treatment.