Ultherapy PRIME *Aftercare*

What to expect after your non-surgical lift

Ultherapy PRIME uses focused ultrasound to lift and firm from deep beneath the skin. There is no downtime, so you can return to normal activities right away. Your results build gradually over the next 2 to 3 months.

What to *expect*

What you may notice	How long it usually lasts
Redness or flushing	A few hours
Slight swelling	Up to 3 days (up to 2 days on the décolleté)
Raised lines or welts	Up to about 1 week (up to 3 weeks on the décolleté)
Tenderness to the touch	2 days to 2 weeks
Mild bruising	2 days to 2 weeks
Tingling, numbness or slight muscle weakness	2 to 6 weeks. These are uncommon and temporary, but please tell us.

Caring for *yourself*

- **Go about your day.** There are no activity restrictions unless your provider gives you specific instructions.
- Use a cool compress for comfort if the area feels tender or swollen.
- For discomfort, Tylenol may be used if it is appropriate for you.
- Use your normal gentle skincare and makeup if your skin is intact.
- Wear daily broad-spectrum SPF 30 or higher to protect your results.

Your *results*

- Some clients notice a fresher look right away. The real lift builds over 2 to 3 months as new collagen forms.
- Most clients need 1 treatment per year. Your provider will recommend what is right for you.
- Pair with Quadessy for lift plus texture, if your provider recommends it.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Numbness, tingling or weakness that affects your smile or expressions
- Any nerve effects lasting longer than 6 weeks
- Pain that is getting worse instead of better
- Blisters, burns or skin breakdown
- Bruising or swelling that is severe or spreading

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.