

Ultherapy Post-Care Instructions

Thank you for choosing Pūr Skin Clinic for your treatment. Proper post-care is essential to ensure optimal results and a smooth recovery. Please review and follow these guidelines.

Immediately After Treatment:

- You may gently apply makeup immediately.
- Expect slight redness, bruising, swelling, and tenderness in the treated area.
- Tenderness to touch may persist for up to 4 weeks.

For the First 24 Hours Avoid:

- Strenuous exercise
- Sun and heat exposure
- Tanning beds
- Alcohol
- Massaging or pressing on the treatment areas

After 24 Hours:

- You can return to your regular daily routine and exercise program.

Skin Care:

- Use soothing, non-irritating creams or moisturizers recommended or approved by your provider.
- Avoid scrubs, toners, glycolic acids, retinoids (*like Retin-A or retinol*), and bleaching creams (*such as hydroquinone*) for 1 week.
- Apply sunscreen frequently with broad-spectrum protection (*UVA/UVB*) and SPF 30 or higher.

Important:

- If you experience significant pain, blanching, blisters, numbness, or sores, contact our office immediately. We will ensure you're seen within 24 hours.
- Your skin's recovery is our priority—don't hesitate to reach out with any concerns.

Thank you for trusting us with your aesthetic journey. If you have any questions or concerns, don't hesitate to contact the Pūr Skin Clinic location that you visited for your treatment.

REFINE THE TRUE YOU