

Shawna Flanagan MD  
Brittany Zimmerman PA-C

## **ULTHERAPY AFTER CARE**

Typically, you may return to your normal activities after Ultherapy.

Wash skin with cool water and a gentle cleanser.

If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until the blush has subsided (usually within an hour).

Avoid exfoliation for at least one week or until all sensitivity in the treatment area has subsided.

Makeup (preferably mineral based) may be applied immediately post treatment.

Soothing, non-irritating creams or moisturizers may be used.

Use a sunblock with an SPF of 30 or greater. We prefer a physical blocker with zinc oxide if going out into the sun to help prevent future sun damage.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours. We are happy to speak to you any time (561) 296-5222.