

# Ultherapy Prime

## POST-TREATMENT CARE PROTOCOL

### IMMEDIATE POST-TREATMENT (DAY 1)

#### Skin Sensation

The skin may look slightly flushed or feel warm immediately after the procedure, which typically resolves within a few hours.

#### Skincare

You can resume your regular skincare routine immediately. There is zero downtime, no broken skin, and no raw areas. Wash with a gentle cleanser and apply moisturizer.

#### Sunscreen

Apply a broad-spectrum SPF 30 or higher immediately before leaving the office and continue daily.

### DAYS 2-14

#### Tenderness & Swelling

Mild swelling, tingling, or tenderness to the touch—particularly along the jawline, cheekbones, and under the chin—is incredibly common. This is a positive sign that the ultrasound energy has targeted the deep structural layers to initiate collagen remodeling.

#### Bruising

While rare, occasional mild bruising can occur. You can apply arnica gel or take oral arnica supplements to accelerate healing.

#### Avoid Extreme Heat

Avoid hot tubs, saunas, or steam rooms for the first 48 hours if your skin feels exceptionally warm or tender.