

## PREPARING FOR YOUR ULTHERA TREATMENT

- Avoid strenuous exercise the day of treatment.
- Schedule treatment so that it is not on the 3 days leading up to or on your menstrual cycle. These days you are more sensitive; prone to bleed and bruise more and increased swelling.
- Begin taking Arnica Montana pellets 3-5 days prior to injection and continue taking them for 5 more days or as long as needed for bruising and/or swelling. Fresh pineapple is also beneficial in helping to prevent bruising. One cup of FRESH pineapple should be eaten once daily and started 3 days before treatment.
- If you have a history of Herpes and have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to your physician about medications that may minimize a recurrence.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- NO Aspirin, Motrin or any other non-steroidal anti-inflammatory medications, St. John's Wort, Omega-3 and CoQ10 for at least **1 week before treatment**. These will increase your risk of bruising. **If you are taking blood thinners, please let your doctor/nurse know.**
- AVOID: Alcohol and caffeine 24 hours prior to treatment.

Your consent form must be signed prior to taking your pre-treatment medication. A staff member can co-sign it when you arrive. You will need to make sure that you receive a prescription for Valium prior to the day of your appointment and have Ibuprofen available at home as well. These will be taken at home 1 hour before your treatment. Because of the effects of this medication, for your safety, you will need a driver. They do not have to stay in the office during treatment, but they will need to be available to take you home.