

THE PEARL

DERMATOLOGY

Ultherapy

The Ultherapy® is a non-invasive procedure that delivers micro-focused ultrasound energy to the superficial and deep layers of the skin. The heat generated from the ultrasound stimulates new collagen production. This new collagen boosts skin elasticity and makes skin appear tighter and more lifted. Results can vary due to our skin's ability to produce collagen. The greatest improvement will be seen at 6 months post-procedure.

Pain Management

The focused ultrasound energy produced from Ultherapy can be uncomfortable, but we have several options to help with pain management during the procedure. At The Pearl Dermatology we are pleased to offer PRONOX to use during this procedure. This is nitrous oxide gas, similar to what you may have used at your dentist's office. PRONOX is now more commonly being used in the dermatology setting for many non-invasive procedures like Ultherapy. This is the preferred option for our patients during Ultherapy. If PRONOX is used, the patient will stay in the office for 15 minutes after the procedure to let the effects of the gas wear off. The patient can then safely drive home after this 15-minute rest period. There is an additional fee for the use of PRONOX.

In some cases, when larger areas are treated, the treating physician may recommend prescription medications for use during the procedure. If this is recommended, a combination of prescriptions such as Ativan, Zofran, and/or Percocet will be sent to your pharmacy prior to treatment day. Please alert the provider if you have any known medication allergies or contra-indications to the prescribed medication. **PLEASE BRING YOUR PRESCRIPTIONS WITH YOU TO BE ADMINISTERED IN THE OFFICE.** If prescription medications are used, patients will need to arrange to have a driver pick them up. Patients will be escorted down to the driver's car at the end of their procedure by a member of our staff.

Pre-Treatment Instructions

1. When scheduling your treatment, our staff will also schedule a 15-minute Pre-op **phone call** with you 1 week prior to your appointment. Our Lead Medical Assistant will go over the procedure one more time and make sure all your questions are answered.

Treatment Day

1. Prior to each treatment, come to the office 1 hour and 15 minutes prior to your scheduled appointment time, so that there is time for us to clean the treatment areas, take photographs and apply anesthetic ointment one hour prior to treatment.
2. We recommend that you wear comfortable clothes to your appointments, or you can change into a disposable gown. If you tend to get chilled from air conditioning, bring a sweater or light jacket to wear while you are waiting for the anesthetic to take effect. A good book, iPad or Kindle is also recommended.
3. At the start of the procedure, the skin will be thoroughly cleansed, and your healthcare provider will mark the treatment area.

4. Ultrasound gel will be applied to the surface of the skin followed by the smooth applicator tip. During the procedure, the physician will use ultrasound imaging to see the layers of tissue that are being treated. This ensures that the energy is delivered to the right depths, at the right temperatures for optimal results.

Post-Treatment Instructions

We recommend a follow-up with your treating healthcare provider at 6 months, as this is when the best results are seen. Results vary from patient to patient, and, occasionally, the collagen building on the inside that helps counter the effects of gravity does not have a visible effect on the outside. Ultherapy treatment is not intended to produce the same results as an invasive surgical procedure. Ultherapy results last up to a year or more. Annual treatments are optimal in maintaining results.

Possible Risks & Complications

Ultherapy is a low to no downtime procedure. Immediately following Ultherapy®, the skin may appear red for a few hours. It is common to experience slight swelling for a few days following the procedure or tingling/tenderness to the touch for days to weeks following the procedure. These effects are mild and temporary in nature. Patients may return to their normal activities after an Ultherapy procedure without restrictions.

Occasional temporary effects may include bruising, swelling or welts, which resolve in hours to days, or numbness in a select area, which resolves in days to weeks.

There is a remote risk of a burn that may or may not lead to scarring (either of which will respond to medical care), or temporary nerve inflammation, which will resolve in a matter of days to weeks. Rare risks include temporary local muscle weakness after treatment due to inflammation of a motor nerve or temporary numbness due to inflammation of a sensory nerve.

Recommended Post-Procedure Products

1. Neocutis Biocream FIRM
2. Neocutis NeoFirm Neck & Decolletage
3. Avene Cicalfate