

ULTRASONIC FACE LIFT

For pre-care, stay hydrated and avoid blood-thinning medications, injectables like Botox, and active skincare ingredients like retinoids for at least 24-72 hours before your appointment. For aftercare, avoid strenuous activity, sun exposure, and heat for 24-72 hours. Gently cleanse the skin, use mild moisturizers, and apply a broad-spectrum SPF 30 or higher sunscreen daily; you may need to elevate your head to minimize swelling. [🔗](#)

Pre-care instructions

- Hydration: Drink plenty of water leading up to your treatment to help your skin respond better.
- Skincare: Avoid active ingredients like retinoids, AHAs/BHAs, and Vitamin C for 3–5 days prior. Do not use topical creams or lotions on the day of treatment; arrive with a clean, makeup-free face.
- Medications and supplements: Discontinue use of blood-thinning medications and supplements like aspirin or ibuprofen for 24 hours prior to the session.
- Other treatments: Avoid other cosmetic procedures such as chemical peels, laser resurfacing, microneedling, or injectables like Botox and dermal fillers in the treatment area for at least 2 weeks before.
- Lifestyle: Avoid alcohol for 24 hours before the session. [🔗](#)

Aftercare instructions

- Sun protection: Avoid prolonged sun exposure for at least two weeks. Use a broad-spectrum sunscreen with SPF 30 or higher daily and wear a hat when outdoors.
- Activity and heat: Avoid strenuous exercise and activities that cause excessive sweating for 48–72 hours, such as saunas, hot tubs, and steam rooms.
- Skincare: Gently cleanse the skin with a mild, fragrance-free cleanser and pat it dry, avoiding rubbing. Do not use exfoliants, retinoids, or acids for at least 3 days, and wait 24–48 hours before applying makeup.
- Lifestyle: Avoid smoking and limit alcohol consumption for 48–72 hours to promote

healing.

- Swelling: If swelling occurs, apply cold compresses to the area and sleep with your head elevated on several pillows for the first few nights.
- Makeup: Avoid applying makeup immediately after the treatment; wait 48 hours, or as advised by your practitioner, to allow the skin to heal.
- Discomfort: Mild tenderness or warmth is normal for a few hours after the procedure, but this should subside. If discomfort persists, contact your practitioner.