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Pre-Treatment Instructions for Ultherapy

Please read entire Pre-treatment instructions handout.

1. If you have a history of Herpes (cold sores), notify the Physician so that a prescription for an antiviral medication (e.g. Valtrex, Famvir, Acyclovir) can be written for you.
2. Be sure to start your antiviral medication BEFORE your treatment as instructed. The prescription instructions should indicate when to start your medication.
3. Get a good night's sleep the night before.
4. Eat a good meal the day of your treatment.
5. You will need a driver. No exceptions.*
6. Unless allergic, take 800mg Ibuprofen @ one hour before leaving home. Ideally take with a meal or some food.
7. Bring your pill bottle WITH you to your visit; you will be taking any prescribed pain medication and anti-anxiety medication in the office when you arrive under the doctor's direction unless otherwise instructed by the doctor.*
8. NO Aspirin, Motrin (other than the dose right before treatment as above), Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to diminish the risk for bruising.
9. AVOID: Alcohol, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates at least 3 days to one week before and after treatment to limit the risk of post-procedure swelling.
10. Consider taking Arnica 30x tablets, a homeopathic remedy shown to help reduce bruising. Recommend taking for 3-5 days before and after treatment. Can be found at most health food stores or we do carry it at the Spa.

*If you are only having treatment around the eye/brow area that can be done using only topical numbing cream. This can either be applied here or at home (if you have a signed local anesthesia consent form). Apply 1 application 1 hour prior to your treatment and then 1 more application 30 minutes prior to arrival.