

*Dream Spa Medical* is pleased to offer the only FDA-approved, non-invasive procedure to lift and tightens lax skin on the cheeks, chin and brow, and correct lines and wrinkles on the chest.

Ultherapy harnesses the power of ultrasound technology to naturally, effectively, and safely provide a subtle lift to the contours of the face. The treatment uses ultrasound imaging to map the face, which bypasses the surface skin to deliver a precise amount of energy and heat to the deeper tissue. This energy triggers a regenerative process that produces fresh collagen production to gently and gradually lift the skin. Consider it a non-surgical facelift.

Optimum results can usually be achieved in one treatment, with absolutely no down-time. The collagen rebuild takes 3-4 months to reveal the final look, with enhancements that can last up to 2-years.

### **PRE-TREATMENT**

- Avoid Botox & Dermal Fillers 4-8 weeks prior to your appointment.
- Schedule around your monthly cycle, to avoid increased discomfort.
- Take 400mg of ibuprofen the morning of your scheduled appointment.
- Take another 400mg of ibuprofen when you arrive for your appointment. Front desk can supply medication.
- You may consider an arnica supplement 3-5 days prior to your appointment, to reduce post treatment reaction.
- Hydrate well prior to your appointment.

### **POST-TREATMENT**

- Mild redness can be expected. This typically subsides in 2-24 hours.
- Minor swelling can be expected. This typically subsides in 1-2 weeks.
- Tenderness to touch, tingling & numbness are normal. This typically subsides in 2-3 weeks.
- Bruising and welting are a possibility. You may consider an arnica supplement for 5-7 days.

### **PLEASE NOTE**

You may see a slight lifting & toning after the first month, but end results will not be apparent until 3-4 months post treatment. Subtle changes may continue to reveal themselves for up to 1-year. Please schedule a 4 month follow-up appointment so we can review your before & after photos. This is an essential step in determining your treatment results.