**Non-Surgical Skin Tightening and Lifting with Ultherapy**

**What is Non-Surgical Skin Tightening and Lifting with Ultherapy?**

Micro-focused Ultrasound is a non-invasive medical aesthetic procedure used to lift, tone and tighten facial and neck skin, as well as improve the appearance of the décolleté which gives patient a fresher, natural look without disturbing the skin’s surface.

**How does Micro-focused Ultrasound for Skin Tightening and Lifting Work?**

Microfocused Ultrasound energy stimulates the body’s natural healing and cell regeneration process, which in turn boosts collagen and influences an uplifted effect. The treatment uses precise ultrasound energy to target the deep structural layers of the skin without disrupting the skin’s surface.

**What is unique about Ultherapy?**

Ultherapy is the only non-invasive treatment cleared by the FDA to actually lift skin. During this treatment, the layers of the skin are visualized with ultrasound imaging, allowing the energy to be delivered very specifically to the appropriate tissue level.

**Is the treatment painful? Is it safe? How long will the treatment take?**

Topical anaesthesia is applied before the treatment to maintain comfort. The treatment is absolutely safe. Each session will take 60-90 minutes for the face and neck while chest treatment takes approximately 30 minutes.

**Can Ultherapy replace a facelift?**

Ultherapy treats the deep foundational layer addressed in cosmetic surgery but won’t duplicate the results of a facelift. It is a great alternative, however, for those not interested in surgery who are looking for gradual and natural looking improvement. It can also be used to postpone or extend the effects of cosmetic surgery.

**How does Ultherapy differ from laser treatments?**

Ultherapy uses sound energy, ultrasound, which is used extensively in medicine. Ultrasound energy has unique properties that allow it to bypass the surface of the skin to treat specific depths not matched by other non-invasive devices. The energy stimulates collagen production resulting in a clinically significant lift over 3-6 months. This is in contrast to laser treatments which cannot reach the deeper skin layers at high enough temperature without injuring the overlying skin. A laser is more effective at improving more superficial color and texture.

**How long does an Ultherapy treatment take?**

The length of treatment depends on the areas being addressed. A face and neck procedure typically takes 60-90 minutes, performed by our experienced laser nurses. A chest treatment takes 30 minutes, and a brow lift takes about 15 minutes.

Will I need to take time off from work and personal life?

There is no downtime with Ultherapy. You can resume your normal routines immediately with no special instructions or lasting discomfort. You may apply makeup immediately after the procedure.

**How many treatments will I need?**

Most patients only need one treatment and results are expected to be very long lasting. However, based on the degree of skin laxity, the response of each patient and each area treated is variable. Some patients may benefit from additional treatments at least 1 year later. Ultherapy turns back the clock but doesn’t stop it. Future treatments can help patients keep pace with the natural aging process.

**Is Ultherapy safe?**

The FDA-cleared Ultherapy procedure has been used safely in over 350,000 treatments. Ultrasound energy has been used safely in the medical field for more than 30 years.

**Are there any side effects?**

Initially, there is mild redness for a few hours and mild swelling that can last days to a few weeks. Mild bruising may occur. Small pink welts may be visible and can last hours to days. Tingling and tenderness to the touch are temporary and may last a few days to a few weeks. Extremely rarely inflammation of nerves around the mouth or brow has led to muscle weakness leading to a temporary asymmetric smile or brow position. Extremely rare scarring has been reported and is unlikely with the new Ultherapy guidelines and techniques. Fat loss in the treated area is also unusual and unlikely with this procedure.

**Am I a good candidate for Ultherapy?**

A good candidate has mild to moderate skin laxity. Examples are slightly loose skin on the neck, sagging under the chin and jowl, a flattened slightly lowered brow, and lines or wrinkles on the chest. Patients with extreme sun damage and laxity will do less well and may require more than one treatment to achieve significant results. Ultherapy does not address discoloration, and other procedures may be used to improve color in the areas treated with Ultherapy.

**How successful is the Ultherapy procedure?**

In clinical trials over 80% of treated patients were satisfied with their improvement in the lower face, neck, and chest. 60-80% of patients treated above the brow felt they achieved a noticeable brow lift. Unfortunately, despite the collagen generation, some patients will not be able to visually appreciate the results of their treatment.

**Do I need to be medicated for the procedure?**

Some patients tolerate the procedure well with 800 mg Ibuprofen (Advil/Motrin). Others are much more comfortable with more substantial pain control and mild oral sedation (such as Percocet and Valium). Discuss your tolerance for discomfort with your doctor to decide what approach works best for you. Please note, if you take a narcotic or sedative for your procedure, you will need a ride home. We will accompany you to your ride to ensure that you will not drive while on these medications.

**Who should not be treated with Ultherapy?**

You should not have the procedure if you are pregnant or breastfeeding, have a bleeding disorder, have an autoimmune disease/connective tissue disorder (such as Lupus, Rheumatoid Arthritis), or have an active infection. Patients who have cystic acne, open wounds, or implants in the area to be treated should not be treated.