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THE DERM INSTITUTE

SOFWAVE Ultrasound Beam Tightening Treatment Instructions

Pre- Skin Tightening Instructions:

- **DO NOT** undergo any skin peel or laser procedures for 2 weeks prior to the treatment.
- **DO** wear comfortable clothing on the day of treatment so that treatment areas can be easily accessed.
- If you have a history of cold sores, **DO** inform your provider prior to treatment.
- **DO** remove all jewelry prior to treatment.
- **DO** notify treatment provider if you have any metal implants, or active implanted device.
- **DO** notify treatment provider if you are pregnant or nursing.
- **DO** expect that you may be weighed as part of monitoring treatment progress.

Post- Skin Tightening Instructions:

- **DO** consider using a tightening cream as recommended by your provider for optimal results.
- **DO NOT** vigorously rub the skin after treatment but continue your usual skincare.
- **DO NOT** undergo laser treatments, chemical peels, or microdermabrasion for 1 week after the treatment.
- **DO** wait 3-5 days before using anti-inflammatories such as ibuprofen or aspirin.
- **DO** expect you may experience some redness and tenderness, this may last for a few minutes, to an hour, or possibly longer.
- **DO CALL** the office if you experience unexpected swelling, breakouts, or blisters.
- **DO** expect optimal results will not occur until 3 months after treatment, as new collagenesis and elastin upregulation takes time.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A physician can always be reached for urgent issues.