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## Ultherapy

### Overview

Ultherapy™ is a new category in aesthetics—*non-invasive tissue lifting*. Treatment directs focused sound waves thru your skin to gently heat the deeper tissue, which then lifts and supports loose skin without cutting or injury to the surface of your skin. Besides the visible effects of lifting and tightening, there may also an invisible result from Ultherapy, with the creation of new collagen, which helps the skin maintain its youthfulness.

Ultherapy lifts, tightens, and tones loose skin to counteract the effects of time and gravity. One of the first effects of gravity is that your brows droop, and your eyes look smaller. Ultherapy will lift the brow, which in turn reduce excess upper eyelid skin, “opens” your eyes and gives a more refreshed appearance. Ultherapy can lift and tighten the sagging skin on the cheeks and neck to give a younger, slimmer look.

The beauty of Ultherapy is that it is a 30 to 60 minute procedure that uses your body’s own subtle healing response to gently, gradually—and reliably—restore memory to your skin and its underlying tissue. Ultherapy requires no special recuperation or preparation. Typically, only one treatment is needed to get a visible improvement. You may see an immediate improvement, but your ultimate lift will take place over 2-3 months.

While Ultherapy does not replace surgery, there is a synergy of effect between Ultherapy and other surgical and non-surgical treatments for your appearance.

### What is Ultherapy?

Ultherapy uses the same type of ultrasound used to see your baby in the womb, but it focuses the ultrasound to small points beneath your skin. Like a magnifying glass in sunlight, the focused ultrasound energy heats the area just enough to cause tightening of your tissue. Using the DeepSee technology, Dr Branson can “see” where the Ultherapy energy will be targeted.

Treatment can be done at more than one level below your skin. Dr Branson will choose the treatment plan that best meets your needs.

### Treatment Planning

Ultherapy treatment is usually based on a “cosmetic unit.” This is a regional area that “goes together,” such as your forehead and the crow’s foot area by your eyes. Common treatment areas are your forehead, around your eyes, your lower face (from cheek bone to chin), or extended lower face (which includes the area beneath your chin). While the area beneath your

chin can be treated as a single area, for most patients, you will see a better, more predictable result when the support below your chin extends into your cheek.

Other treatments, especially those to improve skin elasticity, may be recommended. If you have significant skin excess, some form of tuck may also be suggested.

### **How is Ultherapy done?**

Other than ensuring clean, make-up free skin, there is no preparation needed for Ultherapy.

Because there is trauma, there is some discomfort (similar to “pin pricks”) during treatment. Due to the number of “pricks,” Dr Branson usually uses anesthesia similar to having dental work.

The same gel used for baby ultrasound pictures is applied to your skin. The DeepSee mode allows Dr Branson see where the energy will be delivered. Ultherapy energy is delivered in straight lines of 15-25 spots. The number of “lines” delivered will depend on a combination of the area treated and the amount of lift you desire.

During treatment, Dr Branson lifts your skin to “where it belongs.” In this way, when gravity pulls down on your skin again immediately after treatment, the “stretch” of the spots help to facilitate the direction of your lift.

When more than one depth of “spots” is planned, the deeper level is performed first.

At the end of treatment, any gel is removed from your skin. You may have redness, which usually clears within 15-20 minutes. Occasionally, you may see welts, or raised bumps, in your skin. This also usually resolves within minutes.

### **After Ultherapy**

Limit eating and drinking after Ultherapy until normal sensation has returned.

You may resume normal skin care immediately after treatment, though Dr Branson suggests withholding aggressive agents (like Retin-A) for 48 hours after treatment.

You can wear make-up and resume normal physical activity as you feel comfortable.

While it is possible to see immediate improvement, steady improvement is expected over the first 90 days after treatment. For some patients (especially those with very loose skin), while there is still change in your supporting tissues, the degree of change visible from a single treatment may not be significant. Some relaxation of your lift is possible between 90 days and 1 year, but your final result is present 1 year after treatment.

## Long Term Results

The results of Ultherapy are as permanent as a haircut. This means that more than one treatment may be needed to achieve your best result, and that maintenance treatments may be necessary.

Genetics will play a role in the results of your treatment. Those patients that developed loose skin at a younger age are more likely to require more intense and/or more frequent maintenance treatment. The timing for repeat treatment is based on your feelings about the face looking back at you in the mirror.

Ultherapy is only one of the tools for non-invasive or minimally invasive treatments offered by Dr Branson. The choice of additional treatments that best fit your needs will be addressed by Dr Branson both at your initial consultation and during subsequent visits.

## Complications of Ultherapy

Chances of experiencing a problem is very small, but the risks relate to the effects of energy spot on the tissue exposed.

The most likely risk is of a burn to your skin. Should this occur, it is treated with gentle cleansing and antibiotic ointment.

Rare complications would include risk of injury to a nerve or blood vessel in or under your skin.

Each spot of energy can be thought of as a grain of sand. Very small. But if you collect enough grains of sand, you have a beach. If Ultherapy energy is absorbed by fat beneath your skin, changes in facial volume are possible. This may represent a complication, but with the assistance of DeepSee visualization, unwanted fat may be targeted for planned volume reduction using Ultherapy.