

Thermage® Procedure Discharge Instructions

Follow the post-procedure instructions listed below. If you have any questions or encounter any problems, please contact Dr. Nishioka at the phone number above.

1. If needed, apply a wrapped ice pack to site to reduce discomfort or swelling. Use of over-the-counter analgesics is also recommended if there is some transient soreness post-treatment. Example of acceptable analgesic is Tylenol. Aspirin or ibuprofen products should not be taken for at least two weeks post-treatment.
2. If crusting or a blister develops, apply a thick layer of polysporin ointment to site. Re-apply ointment as needed to prevent area from drying out (at least four times per day). Please notify us if a blister occurs.
3. Use sunscreen of SPF 15 or higher with UVA / UVB protection. Avoid prolonged direct sun exposure and tanning for at least one month after treatment sessions.
4. Make-up may be worn immediately following procedure, providing there are no apparent problems.
5. PLEASE NOTE: If sedating medication was taken prior to procedure or IV sedation was given at your procedure, do not drive or operate heavy machinery, and do not make important decisions or sign documents until the next day. You need a responsible adult to care for you for at least 4 hours after your procedure.

Remember, treatment effects are subtle and gradual with benefits appearing over 3 to 6 months. It is important that you schedule a follow-up appointment at 3 months from your original treatment date, so we can evaluate your treatment progress. Additional treatments might be necessary to achieve your desired and optimal outcome.