



Pain Control for Ultherapy

Most clients experience some degree of discomfort or pain during their treatment. Many people say it stings or is hot, but manage the pain fairly well. A handful of people find it extremely painful and struggle to get through the full treatment. Most people react in between: tolerating the moderate discomfort with a few areas that are quite painful, especially the neck.

While it is possible to tolerate the treatment without any pain control, it can take much longer and be quite draining for everyone involved if the pain level is high.

Non-medicinal options include squeeze balls, vibration distraction, deep breathing, and listening to a podcast, comedy show or YouTube stream of your choice.

Be sure to avoid being hungry, overtired, upset, or heavily caffeinated the day of the treatment.

Medicinal options are:

800mg of Ibuprofen AND 1000mg of Tylenol 1 hr prior.

Avoid taking any other doses of ibuprofen (or other blood thinners) the week before to minimize bruising risk. Don't take Tylenol if you're using a pain medication containing acetaminophen.

Take a low or standard dose of a prescription pain pill, like Hydrocodone one hour before the procedure, and arrange a driver.

Take a low or standard dose of a prescription anxiety medication, like Xanax or Lorazepam, one hour prior and arrange to have a driver.

Take an edible cannabis product (if >21) a full hour before and arrange for a driver.

Topical numbing cream hasn't been helpful at all in our experience.

We have Nitrous Oxide (laughing gas) available if desired. (\$50)

Patients who do the best are calm, distract themselves, and take two oral medications before the procedure.