

Patient Instructions for Sofwave (intense ultrasound):

Pre-Treatment Care:

1. You may take acetaminophen and/or ibuprofen prior to coming into the office, at least 30 minutes prior to treatment, to help reduce discomfort.
2. At your appointment, the nurse will cleanse your skin to remove make-up, lotions etc.
3. The nurse will then apply topical numbing cream, which will stay on for 20-30 minutes prior to treatment.
4. The nurse will make available distraction techniques for you during treatment such as: stress balls or Zimmer Cooler.
5. The nurse will remove the numbing cream and apply ultrasound gel to the treatment area.
6. **Reasons not to treat with Sofwave:** cystic acne, open wounds, metal implants in treatment area. Please notify us if any of these apply to you.

Post-Treatment Care:

1. There may be some redness and/or swelling for a few hours after treatment.
2. There should be no pain when the treatment is complete but, discomfort or tenderness is possible.
3. There is no post-treatment care needed, resume normal activities and normal skin care routine.