# Lifting Treatments

[Post-procedure progress]

- Redness, swelling, throbbing pain, and itching may occur after treatment. These usually improve within 3–7 days, depending on the individual.

- Lifting, firmness, and skin texture improvement appears gradually over 2 weeks to 1 month. Ultherapy and XERF are recommended every 6 months to 1 year. Liftera, Onda, and InMode are recommended as 3 sessions at 1-month intervals.

[Aftercare]

- Avoid touching or rubbing the treated area.

- Apply regeneration cream generously if dryness occurs.

- Avoid massage, hot baths, saunas, intense exercise, alcohol, and smoking for 1 week.

- Avoid cold compresses and washing with cold water for 1 week. Use lukewarm water instead.