

## HIFU SKIN TIGHTENING

High Intensity Focused Ultrasound (or HIFU) uses ultrasound technology to stimulate the skin for a nonsurgical facelift. The ultrasound creates gentle thermal injury to assist in soft tissue production, restoring the skin's vitality with no downtime. HIFU is an advanced, long-lasting treatment that penetrates deeper and lasts longer than fractional laser or radiofrequency technology.



The following information outlines the treatment, its risks, and pre- and post-treatment care instructions. It is important that you read all information carefully. Your Doctor or Therapist may provide you with additional or different information which is based on your particular case.

### **How is HIFU Therapy Different to Laser Procedures?**

HIFU Therapy uses sound energy, tried and true ultrasound, which has unique properties that allow it to bypass the surface of the skin to treat depths not matched by any other non-invasive cosmetic device. HIFU Therapy stimulates collagen production in the skin's foundation, resulting in a clinically significant lift of tissue over the following 2-3 months. Lasers rely on light energy, which cannot reach deeper skin layers at an optimal temperature, so laser treatments typically only treat superficial skin.

## **IDEAL TREATMENT FOR**

- The neck, jawline, chin, brow, under-eyes, nasolabial folds and lower face
- Abdomen, Chest, Arms, Buttocks, Back and legs
- Lifting and tightening the skin
- Restoring skin vitality
- Reducing lax or sagging skin

## **PRE-HIFU RECOMMENDATIONS**

- Please ensure you are well hydrated prior to treatment at least 500mls of water.
- Exfoliate skin 48 hours prior to treatment.
- Discontinue use of Vit A, BHA, AHA products 72 hours prior to treatment of area.
- Use sunscreen SPF 30+ prior to treatment if outside.
- If you have any heart rhythm disturbances, please obtain a GP clearance letter.

## **CONTRAINDICATIONS**

Some patients are not suitable for HIFU Therapy. The treatment should be avoided if:

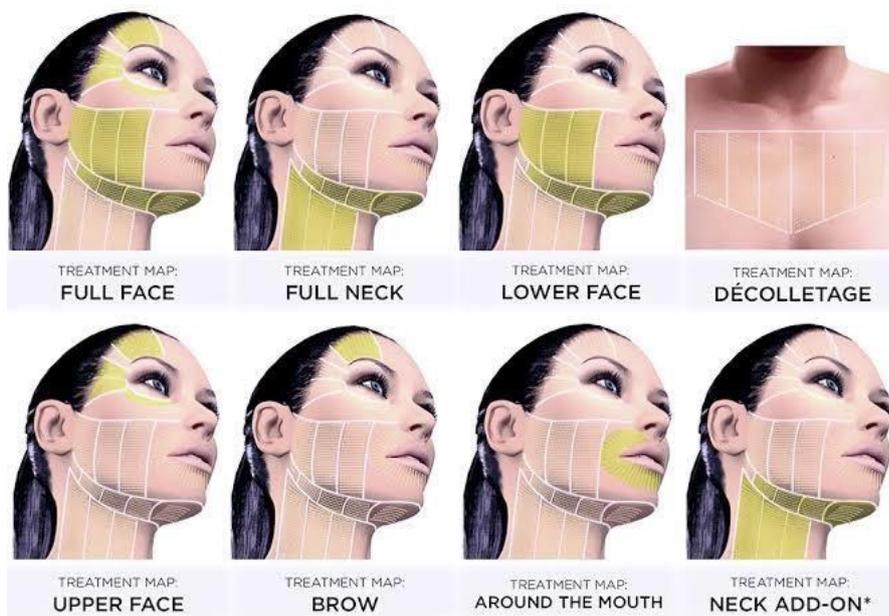
- You have aesthetic threads, implants or recent dermal fillers in the treatment area.
- You are pregnant.
- You have open wounds or lesions on the treatment area.
- You have cystic acne.
- You have a pacemaker or electronic device implants in the treatment area.

If you have a history of cold sores, preventative oral antiviral tablets are recommended before and after treatment.

## THE PROCEDURE

The ultrasound energy is applied deep into the dermis, subcutaneous fat and muscle layers to create gentle thermal injury. HIFU is a non-invasive procedure that uses the body's own healing response to lift and tighten loose skin in problem areas like the neck, jawline, chin, brow, under-eyes, nasolabial folds and lower face. This gives a lifting affect to your skin and helps restore its youth and vitality.

During the treatment, an ultrasound gel is applied, then the HIFU hand piece is applied over the treatment area. Rows of rapid, precise ultrasonic heat energy is released, causing a warm prickling sensation. This is repeated over the whole treatment area. The procedure takes 30-60 minutes.



## SIDE EFFECTS

Following pre- and post-treatment care guidelines will help optimise your results. Your Doctor or Skin Therapist will walk you through any contraindications or side effects that might impact you.

HIFU is considered very safe if performed by a trained and qualified professional.

Some side effects may include:

- Slight redness or swelling
- Light tingling sensation of the treated area
- Treated area may appear flushed/red
- Temporary numbness or bruising (rarely)

## **AFTERCARE**

- HIFU Therapy is usually well tolerated and you can resume your normal activities immediately after the treatment.
- A small amount of mineral make up is okay to apply.
- Apply broad-spectrum sunscreen for a week after treatment.
- Post treatment on face use a moisturizing facial mask daily for a week then twice a week in the following weeks.
- In first week avoid use of too hot or too cold water to wash treated area.
- Avoid the use of active skin care.
- No exposure to high temperatures such as saunas, steam rooms, hot showers after one week of treatment.
- Erythema can last 1-2 hours post treatment.
- Mineral make-up can be used post treatment.
- Apply sunscreen SPF 30+ or higher.
- Avoid sun exposure post treatment 72 hours minimum but recommend 2-3 weeks.
- Stay well hydrated over the next 5 days.
- Avoid alcohol 48 hours post treatment.
- Avoid exercising for 48 hours post treatment.

## **RESULTS**

Long lasting results will gradually develop over time and you will initially see effects after one month, which will continue to improve for up to nine months. Results can last 1-3 years. It is recommended to leave at least 2- 3 months for face and a minimum of 4 weeks for other areas in between HIFU treatment sessions.