



In case of emergency or if you have any concerns following this treatment please contact us.

It is important to follow the specific aftercare instructions provided to ensure the best possible healing and results. If you have any questions or concerns about the aftercare process, be sure to ask your practitioner for more guidance.



# HIFU Aftercare

- HIFU is completely non-surgical, so you can be able to return to normal activities straight away.
- Avoid temperature extremes such as saunas or very cold climates for 24-28 hours.
- Avoid strenuous exercise for 24-48 hours.
- You can put on make up right away after the treatment.
- After the treatment make sure to apply a sunscreen (at least factor 30+) for outdoor activities.
- You may see a slight redness for up to a few hours following the treatment. A small percentage of clients may experience slight swelling, tingling or tenderness to touch but these contra-actions are mild and should subside after a few hours. If you experience any of these symptoms for longer, please contact the clinic.
- Please remember, On average 20 percent of your overall results should be seen immediately and the remaining 80 percent should be seen with in 6 months of treatment.
- Clients treated with HIFU should still have fresh young collagen a year after treatment, however future touch up treatments can help keep with the ageing process which varies by individual. It can take between 3-6 months for the full effect of the treatment to present itself, so please book in for a review 3 months times to assess the next steps with your treatment based on your desired outcomes.