



## HIFU Aftercare

- You may experience a mild sensation like toothache around the jawbone, if you've had treatment in this area. This is normal and lasts 1 to 2 days.
- You may take paracetamol if required
- You may also experience a sensation of tightening
- You may have a pink blush or slight swelling in the area treated, this should settle down within a few hours
- Please avoid exercise for 24 hours
- You can apply makeup straight after this treatment, there is no risk of infection.
- Use only lukewarm water on your skin for 24 hours after. Be gentle, do not rub, scrub or exfoliate for 7 days after treatment.
- Avoid saunas or steam rooms, and any other heat on the face for 3 days after treatment.
- HIFU can take 3-6 months to show the full effects however many individuals will see an immediate improvement
- Your treatment will still actively be working for around 12 months deep within the skin, forming new collagen and improving elastin.
- You may require a top up of your HIFU around 3 months post treatment.
- If you have any concerns or worries please get in touch with us as soon as possible.

In case of queries or for urgent advice please call us on:

**01843 639861 or 07468 526494**

