

Following on from your HIFU facelift treatment, to ensure maximum results we advise you to follow aftercare procedures.

1. Drink 2-3 Litres of pure water per day. This helps to maintain hydration in the skin and flushes toxins from the body. This enables the body and liver to function correctly.
2. Take Vitamin C and Vitamin E supplements. These will aid the body in healing the skin. Vitamin C also helps the immune system to function correctly
3. Take Biotin (can be bought from [Holland and Barratt](#)) will help repair and reform the cells in the body and it is also very good for hair and nail growth.

We also recommend that you cleanse, tone and moisturise twice a day (morning and night). Maintaining a good skincare regime will only help improve your result.

- Use a hydrating skin Mask/peel x 1 weekly - this will help to avoid dull looking skin and keep hydration in the skin.
- Protecting skin from UV exposure and the environment. Use creams/moisturiser with a minimum SPF factor 30+
- No caffeine or alcohol 24 hours before and after treatment as this will dehydrate the skin.
- No botox/fillers or any chemically specialized facials for 2 weeks after treatment, (minimum).
- Avoid steamy baths/ steam room and saunas up to 24 hours afterwards
- Do not take any strong medication after treatment up to 24 hours

Side effects to be aware of which could occur temporarily after HIFU:

- Slight head ache
- Aching to the jaw
- Redness to the skin
- Tingling Sensation to the treated area/s

Any side effects experienced are temporary in nature

