

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

1. Drink 2 Litres of 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. 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.
3. Protecting skin from UV exposure and the environment. Use creams/moisturiser with a minimum SPF factor 30+
4. No caffeine or alcohol 24 hours before and after treatment as this will dehydrate the skin.
5. No botox/fillers or any chemically specialized facials for 2 weeks after treatment, (minimum).
6. Avoid steamy baths/ steam room and saunas up to 24 hours afterwards

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.

