

HIFU Before & Aftercare

Before and Aftercare:

Why Aftercare Is Important For HIFU Facelift Treatments

To get the most, it is important that you strictly follow the aftercare procedures for HIFU Facelift treatment to increase the effectiveness. Lazily adhering to the aftercare practices may result in hyperpigmentation.

The major purpose of cosmetic treatment is to overall health, happiness, and look. You are correcting the errors and damage done by improper skincare and environmental effect. In this regard, skin treatment is a waste of time if an effective aftercare procedure is not followed to ensure effective results that can stand the test of time.

Proper aftercare will

- Reduce the risk of complications
- Enhance your results
- Less chance of wasted efforts

In a nutshell, we will have you know that the aftercare procedure is just as important as the main process itself. But before we get to the aftercare aspect of the HIFU facelift treatment, let's take a look at what you need to do before the treatment procedure proper. **What To Do Before Treatment** Exposure to the sun burns the skin and **sunburned or (recently) tanned skin cannot be treated with HIFU.**

Also, all chemicals which irritate the skin should be avoided as this may prevent treatment. We also want you to know that you should avoid taking antibiotics if you are considering taking the HIFU skin treatment. This is because some antibiotics might make you become light sensitive. The implication is that your treatment will have to be postponed for two weeks after the completion of antibiotics treatment. That said, here are some precautions to be taken before the HIFU treatment proper.

Day Before Treatment The HIFU facelift treatment process is considered to be relatively safe. However, people who want to undergo HIFU treatment **must not have a history of cold sore or fever before treatment.** Cold sores will impair the treatment process.

The HIFU treatment cannot also be carried out while they have a fever. In such cases, the treatment can only be done after recovery from either the cold sore or the fever. You want to make sure that you are free from any of these health issues at least the day before the HIFU treatment.

Day Of Treatment It is important that on the day of the treatment, **all forms of make-up and moisturizers should be avoided.** So let's

assume that you are healthy and have no histories that might impair the HIFU treatment process, it is advisable that you arrive a little early for the treatment. This will keep you relaxed and will kill any form of anxiety.

You might wonder why anxiety is an issue since **HIFU facelift treatment is painless and non-invasive**. The thing is that some patients have fear about treatment procedures; it is, therefore, important for such a patient to take antianxiety medication before treatment. It is imperative that patients who take such antianxiety medications should come with someone who will drive them home after the treatment procedure

HIFU Aftercare Checklist

It is important for patients who have undergone HIFU skin treatment to understand how to care for their bodies after the treatment in order to prevent complications and side effects that can minimize the gains of the treatment. This is especially so because it will help to increase the chances of success. So let's take a quick look at some things that patients who have undergone the HIFU treatment have to stick to by all means. Well, that is if they want to get the most out of the treatment they just had.

1. Avoid The Sun After the HIFU skin treatment, it is important for you to try to prevent yourself from exposure to sunlight and cold for a few weeks. The reason is that avoiding the sun will help to prevent hyperpigmentation and reduce the chance of sunburn and skin damage. The use of sunblock cream is also encouraged, as this will help to prevent destructive ultraviolet light from the sun from directly touching the skin. This should be continued until the skin tightening process is completed.

2. Take A Break From Alcohol Stop giving your liver excess work. Drinking alcohol should be avoided after the treatment. Alcohol makes your liver to do extra work. After the treatment procedure, your liver will be tasked with breaking down the deactivated fat. Consuming alcohol means that the liver now has to break down alcohol in addition to the deactivated fat. Besides the fact that alcohol overworks your liver, it also reduces the density of your blood. The implications of less dense blood are that excessive bleeding may occur since blood clotting will be a challenge. Avoid drinking alcohol at all costs.

3. Don't Scratch Your Skin As sweet as scratching the body may be when itching, it is advisable not to scratch your skin after a treatment. At this time, your skin will be very sensitive, and scratching it puts you at the risk of skin damage. If you have scars, you are also advised to allow them to fall off naturally. Trying to remove them may

lead to a large wound, which may lead to infection. Avoid scratching your skin after you must have had your treatment done.

4. Drink More Water As they say, water is life. So after the HIFU treatment procedure, water should be your favorite drink. Water must come first before other beverages that you consume. Water will also help in your recovery by increasing the rate at which collagen is produced in the body. It's in your best interest to keep your body hydrated, so drink as much water as possible.

5. Don't Have Hot Showers or Baths When taking your bath, use cold water as this will help keep the natural protective oil on your skin and also prevent skin irritation. If at all you must use hot water, you are better off using lukewarm water as this will facilitate the quick recovery of your skin. Always avoid hot showers regardless of your preference before now. At least until after, you must have been cleared to do so.

Aftercare Is Almost As Important As The HIFU Facelift Treatment Itself

The HIFU facelift treatment has changed a lot of lives for the better. However, not everyone who has undergone one of these life-changing treatments has gotten the most from it. Why? They do not take the aftercare treatments seriously.

Get the most from your HIFU facelift treatment.

Take the aftercare procedures seriously.