



Stephanie's Cavi Lipo Spa

BULLETPROOF SOP: 11D HIFU Skin Tightening & Lifting System



EXFU 11D HIFU

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1. PURPOSE

To safely perform non-invasive skin tightening and lifting using focused ultrasound energy targeting SMAS layers.

2. SAFE START SETTINGS (GUIDELINE)

Area	Cartridge Depth	Energy	Lines
Forehead	1.5–3.0mm	Low	80–120
Face (mid/lower)	3.0–4.5mm	Low–Medium	200–400
Jawline	3.0–4.5mm	Medium	150–300
Body	6–13mm	Medium	300–600

3. STEP-BY-STEP PROTOCOL

- Consultation + consent + contraindications review

- Mark treatment zones
- Apply ultrasound gel
- Select cartridge depth
- Deliver lines in structured pattern
- Avoid nerves and sensitive areas
- Monitor client comfort
- Clean area and apply soothing products
- Document session

4. STOP IMMEDIATELY IF:

- Sharp nerve pain
- Burning sensation
- Skin reaction beyond normal
- Machine malfunction

5. AFTERCARE

- Avoid heat/sauna 48 hrs
- Apply SPF daily
- Stay hydrated
- Follow treatment plan

6. DOCUMENTATION (MANDATORY)

Record cartridge used, energy level, lines delivered, client response, and photos.