

# SKIN & LASER

Lytham St Annes

## HIFU: Pre-Care, Preparation & Aftercare

### Pre-Treatment Care (1–2 Weeks Before)

Proper preparation helps ensure comfort, safety, and optimal skin-tightening results.

- Avoid sun exposure, tanning beds, and self-tanner for at least 7–10 days prior to treatment.
- Use broad-spectrum SPF 30–50 daily.
- Discontinue retinoids and exfoliating agents (retinol, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide) 5–7 days before treatment.
- Avoid chemical peels, microneedling, laser treatments, dermaplaning, or aggressive facials in the treatment area for 2 weeks prior.
- Avoid injectables (botox, fillers, skin boosters) in the treatment area for 2–4 weeks, unless otherwise advised.
- Inform your provider if you:
  - Are pregnant or breastfeeding
  - Have metal implants, pacemakers, or electronic medical devices
  - Have autoimmune disorders, bleeding disorders, or nerve conditions
  - Have active skin infection, open wounds, severe acne, or inflammation
  - Have had recent facial surgery

### Day-Of Preparation

On the day of your appointment:

- Arrive with clean, makeup-free skin—no lotions, oils, sunscreen, or perfume.
- Avoid exercise, alcohol, caffeine, and excessive heat prior to treatment.
- Wear comfortable clothing and remove jewelry from the treatment area.
- A light meal is recommended before treatment.

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### Post-Treatment Aftercare

Mild redness, swelling, tingling, or tenderness is normal and may last a few hours to several days.

- Do not massage or manipulate the treated area for 24 hours.
- Avoid heat exposure (hot showers, saunas, steam rooms) for 24–48 hours.
- Avoid exercise and excessive sweating for 24 hours.
- Use gentle cleanser and moisturiser only for the first 48 hours.
- Avoid retinoids, acids, vitamin C, and exfoliation for 5–7 days.
- Apply SPF 30–50 daily and avoid direct sun exposure for 2 weeks.
- Mild tenderness or nerve sensitivity may occur and typically resolves on its own.

### Treatment Plan & Results

HIFU is often performed as a single treatment, with some clients benefiting from a second session.

Results develop gradually over 8–12 weeks as collagen production increases. Improvements include skin tightening, lifting, improved firmness, and contouring. Results can last 12-18 months, depending on age, skin condition, and lifestyle.