

REAL HEALTH & AESTHETICS

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Tel: 01444 871369 (Option 2)

HIFU AFTERCARE INSTRUCTIONS

(Face & Body Treatments)

Thank you for choosing Real Health & Aesthetics for your HIFU treatment. Please follow the aftercare guidance below to ensure optimal results and comfort.

What to Expect (Normal Reactions)

- Mild redness (usually settles within a few hours)
- Slight swelling
- Tenderness or sensitivity to touch
- Tingling or mild aching sensation
- Temporary numbness in treated areas
- For body treatments: mild soreness similar to post-workout tenderness

First 24–48 Hours – Please DO:

- Keep the area clean and moisturised
- Use gentle skincare products
- Apply SPF 30+ daily to treated facial areas
- Drink plenty of water
- Resume normal daily activities as comfortable

First 24–48 Hours – Please AVOID:

- Saunas, steam rooms, hot baths, or excessive heat
- Intense exercise for 24 hours
- Alcohol for 24 hours (recommended)
- Retinol, exfoliating acids (AHA/BHA), vitamin C, or harsh skincare for 5–7 days
- Massaging or aggressively rubbing the treated area

Face Treatment Specific Care

- Use a gentle cleanser and soothing moisturiser
- Avoid active skincare ingredients for 5–7 days
- Avoid additional facial treatments (chemical peels, microneedling, laser) for 2–4 weeks
- Daily SPF is essential to protect and maintain results

Body Treatment Specific Care

- Wear loose, comfortable clothing for 24–48 hours
- Mild tenderness is normal; light movement or stretching is fine
- Avoid deep tissue or aggressive massage for 1–2 weeks
- Maintain good hydration to support natural lymphatic drainage

When Will I See Results?

- Some clients notice slight tightening immediately
- Collagen production develops gradually
- Visible lifting and contouring improve over 4–12 weeks
- Full results are typically seen at 12 weeks

When to Contact Us

- Severe or worsening pain
- Persistent swelling beyond 7 days
- Blistering or unusual skin reactions
- Signs of infection

If you have any concerns, please contact Real Health & Aesthetics on 01444 871369 (Option 2).