

## HIFU Aftercare

### What to Expect After Treatment

- **Redness:** Mild redness in the treated area is common immediately after the procedure. This should fade within a few hours.
- **Swelling, Tingling, or Tenderness:** You may experience slight swelling, tingling, or sensitivity to the touch for several days to weeks after treatment. These effects are typically mild and temporary.
- **Numbness or Muscle Weakness (rare):** In rare cases, temporary inflammation of a motor or sensory nerve can result in local muscle weakness or numbness. These symptoms usually resolve within days or weeks.

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### Recommended Aftercare

- ✓ Apply a cold compress or cooling gel to the treated area if you experience discomfort, redness, or swelling.
- ✓ Use gentle skincare products and avoid active ingredients (e.g., retinoids, acids, exfoliants) for at least 3–5 days.
- ✓ Keep the area clean and protected – avoid makeup or harsh products for 24 hours post-treatment.
- ✓ Stay hydrated and eat a balanced diet to support your skin's natural healing process.
- ✓ Wear broad-spectrum SPF daily to protect your skin and prevent pigmentation changes.

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### What to Avoid

- ✗ Do not expose the treated area to direct sun, saunas, steam rooms, or hot tubs for 48 hours.
- ✗ Avoid alcohol, smoking, and excessive caffeine, as these may impair healing and collagen production.
- ✗ Refrain from strenuous exercise for 24 hours following your treatment.

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## Risks and Side Effects

While most side effects are mild and temporary, there are some rare risks associated with HIFU treatment, including:

- Burns, which may cause blistering, scabbing, or pigmentation changes
- Bruising, pain, erythema (redness), or welts
- Numbness or discomfort lasting days to weeks
- Late-emerging side effects, which may not appear until several days post-treatment
- Damage to the natural skin structure (rare and usually temporary)

**If any unusual or prolonged symptoms occur, please contact the clinic immediately.**

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## Results & Expectations

- Results unfold gradually over 3 to 6 months as collagen builds within the skin.
  - Multiple sessions may be needed to achieve optimal results.
  - Individual outcomes vary. Lifestyle, age, and skin condition all impact treatment effectiveness.
  - This is a non-surgical, non-invasive treatment, and is not designed to deliver the same results as surgery.
  - In some cases, patients may not respond to treatment or may need further sessions to see improvement.
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## For Best Results

- **Maintain a healthy lifestyle with a good diet and regular physical activity.**
  - **Avoid smoking and limit alcohol to support collagen production and skin health.**
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If you have any concerns or questions following your treatment, please don't hesitate to get in touch. We're here to support your journey to healthier, firmer skin.

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