

PRE AND POST HIFU SKIN TREATMENT INSTRUCTIONS

Week before treatment:

Avoid sun exposure and sunless tanning. Sun burned or tanned skin will not be treated.

All skin irritants must be stopped (glycolic/ salicylic acids, benzoyl peroxide, retinol products such as Retin A, Tazorac, Triluma, Differin, and Vitamin C) on the area being treated.

Advise staff when taking antibiotics. Certain antibiotics (Tetracycline, Doxycycline) can make a patient photosensitive, therefore, treatment may not be able to be done until two weeks after completion of antibiotic.

Avoid botox/filler 4 weeks in or near treatment areas before treatment

Avoid any facial peels 4 weeks before treatment

Avoid microdermabrasion 2 weeks before treatment

Avoid having any laser treatments on the area 2 weeks before treatment

Avoid excessive sun exposure (sun burn) on the area 2 weeks before treatment

Avoid skin care containing active ingredients 3-5 days before treatment (i.e. Vitamin A, Vitamin C, AHAs and BHAs)

HIFU is not suitable for those who are pregnant or breastfeeding

If you have dermal implants, or any metal implants including chin implant, we unfortunately cannot treat with HIFU. This is because the metal attracts the HIFU energy and the area can become quite hot and painful.

If you are currently taking any acne or skin thinning or photosensitive medication such as Roaccutane we cannot treat your skin as there is a risk of burning

If you have any open sores, acne, infection or skin sensitivity in the area we cannot treat with HIFU

We cannot treat with HIFU if you have previously had threads within the last year

Day before treatment:

Please let the staff know if you have a history of cold sores/fever blisters PRIOR to treatment, so an antiviral medication can be prescribed. Treatment cannot be done if you have an active cold sore or skin infection and you will have to reschedule.

Day of Treatment:

If this is your first treatment, please arrive 5 minutes prior to your treatment to take photos and make sure consents are signed.

Do not wear any make-up or moisturizers on the area being treated, however, we have cleaners that can be used for you to remove in the office.

If a patient chooses to use a topical numbing (anaesthetic) cream or take an anti-anxiety medication, please apply 45 minutes prior to treatment. Please purchase the topical anaesthetic PRIOR to treatment. Read Instructions at the time of purchase to ensure proper application.

Additionally, if you choose to take an anti-anxiety medication, we suggest that you have someone drive you home after your treatment.

Post-treatment Instructions:

It is normal for the area treated to have redness and swelling. It is uncommon for a blister or bruise to develop. Should you develop a blister, a topical antibiotic ointment such as polysporin can be used twice daily until healed.

- An ice pack should be avoided to maximize treatment results. Pain medication post treatment is not necessary.
- Makeup can be applied immediately post treatment.
- Waxing, tweezing, and depilatory creams can be resumed 3 days post treatment.
- Avoid hot tubs, saunas, steam rooms and exercise post treatment. However, all other normal activity can be resumed.
- A non-exfoliant cleaner and light moisturizer can be used the day of treatment. You can resume normal skin care the next day.
- All skin irritants (glycolic/ salicylic acids, benzoyl peroxide, retinol products, or vitamin C) can be resumed 3 days post treatment.
- An SPF 30 or higher with Zinc Oxide will be applied immediately post treatment. Please continue apply sunblock daily to maximize your results and minimize irritation.
- Botox, Dysport, chemical peels, and dermal fillers can be resumed 3 week post your treatment.
- A post procedure skin care regimen will be suggested by our staff to maximize and prolong your treatments and minimize complication.
 - It is normal for the area to feel warm immediately after the procedure.
 - The treated area may be flushed, red and feel tingly
 - Do not wax the treated area for 3-5 days
 - Do not laser the treated area for 2 weeks
 - Do not exfoliate the skin for 2-3 days
 - Avoid strenuous exercise for 24 hours
 - Avoid skin care containing active ingredients 3-5 days after treatment (i.e. Vitamin A, Vitamin C, AHAs and BHAs)
 - Avoid hot baths, steam rooms and massage for 24 hours
 - Avoid sun burn during the healing process of the skin for 2 weeks
 - If the skin feels hot or sensitive, apply aloe vera or a cold compress to the area

- Apply SPF 30 daily
- Drink plenty of water