



HIFU AFTERCARE

1. **It is normal for the area treated to have redness, minor bruising and swelling.** It is uncommon for a blister to develop. Should you develop a blister, a topical antibiotic ointment such as polysporin can be used twice daily until healed.
2. **An ice pack should be avoided** to maximize treatment results.
3. **Pain medication post treatment is not necessary.**
4. **Makeup can be applied immediately** post treatment.
5. **Waxing, tweezing, and depilatory creams can be resumed 3 days** post treatment.
6. **Avoid hot tubs, saunas, steam rooms and exercise post treatment for 5 days.** However, all other normal activity can be resumed.
7. **A gentle cleaner and moisturizer can be used the day of treatment.** You can resume normal skin care the next day.
8. **All skin irritants** (glycolic/ salicylic acids, benzoyl peroxide, retinol products, or vitamin C) **can be resumed 2 days post treatment.**
9. **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.
10. **Botox, Dysport, chemical peels, and dermal fillers can be resumed 1 week** post your treatment.
11. **A post procedure skin care regimen will be suggested.**

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.