

HIFU Aftercare Instructions:



Post-treatment Instructions:

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.

- **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 gentle cleaner and 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 2 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 1 week post your treatment.**
- **A post procedure skin care regimen will be suggested**