

HIFU AFTERCARE

- If areas are slightly pink avoid hot showers and washing face for a few hours
- Makeup (preferably mineral based) may be applied post treatment
- Soothing non-irritating creams may be used
- Avoid direct sun exposure immediately after and apply 30 spf
- Avoid strenuous exercise/straining of the area for 3-4 weeks
- Avoid exfoliation or any aggressive skin treatment for 1 week or until sensitivity subsides
- Home care – product focus should be more regenerative, nourishing serums and moisturisers
- Eat protein loaded foods like, salmon, red meat, leafy greens etc