

## HIFU Aftercare

HIFU is a safe method of facial rejuvenation.

Minor side effects are usual and a good sign that the treatment has been successful.

- You may experience a mild sensation of toothache around the jawbone, if you've had treatment in this area. This is normal and lasts 1 to 2 days. You may take paracetamol if required, but NOT Ibuprofen, at this will reduce the effectiveness of the treatment.
- You may also experience a sensation of tightening, so please apply a liberal amount of moisturiser to the area day and night. To really hydrate and boost rejuvenation, you can even use hydrating face masks 3 times a week. Sheet Face masks are available to purchase online at [www.aestheticsjulieedwards.co.uk/shop](http://www.aestheticsjulieedwards.co.uk/shop).
- You may have a pink blush or slight swelling in the area treated, this is perfect and what we want to achieve during treatment, it is a great sign that your treatment has been successful.
- Use only lukewarm water on your skin for 24 hours after. Be gentle, do not rub, scrub or exfoliate for 7 days after treatment.
- Avoid saunas or steam rooms, and any other heat on the face for 3 days after treatment.
- Although rare, it can happen that welts appear on the skin. If so, apply a small amount of Germolene to the area. Never pick at it and let any scabs that may appear fall off on its own.
- HIFU takes time to show the full effects of the treatment. Many people see an immediate improvement, with better results showing after 4 weeks. Improvements continue to about 3 months post treatment. Your treatment will still actively be working for around 12 months deep within the skin, forming new collagen and improving elastin.
- HIFU provides a rejuvenated and younger looking version of YOU!
- You may top up your HIFU COOL after 4 weeks. The more you top up the area, the better your results will be!
- Contact me on 07885 664438 if you have further queries.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aesthetice/JE](#) and review your experience. Thank you.