

## HIFU Body Aftercare

- You can return to your normal activities immediately after your procedure without any restrictions.
- You may experience mild swelling, tingling, bruising, tenderness, redness or even some numbness in the area, but these are temporary and subside within a few days.
- Avoid exposing your skin to extreme temperatures of heat or cold, and protect your skin with a good quality moisturiser and SPF.
- Drink 2 litres of water daily as it's important to stay hydrated after your treatment
- Avoid caffeine and alcohol for 48 hours afterwards, even longer if possible for optimal results. Best results are achieved if you avoid alcohol and caffeine all together.
- Avoid sun exposure for 24 to 48 hours after the treatment
- Avoid strenuous exercise for 24 to 48 hours to reduce any swelling that may have occurred during your treatment.
- Please do not have any other treatment in the area without checking with me first. Ensure your clothing fits loosely over the treated area to minimise any discomfort.
- 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.