



The Secret Garden
BOUTIQUE SKIN CLINIC
W I N C H E S T E R

ULTRALIFT HIFU PATIENT INFORMATION & AFTERCARE

What is UltraLift Hifu and how does it work?

The UltraLift HIFU (High-intensity focused ultrasound) treatment uses safe, time tested ultrasound energy to lift and tighten the skin naturally by stimulating the natural collagen production – without surgery, needles and downtime.

Used to Treat

HIFU has many aesthetic benefits, including:

- wrinkle reduction
- tightening sagging skin on the neck (sometimes called turkey neck)
- lifting the cheeks, eyebrows, and eyelids
- enhancing jawline definition
- tightening of the décolletage
- smoothing the skin

Am I Suitable for Treatment?

A good candidate is someone who is aged 30+ who has noticed that the skin on their face or neck has become more lax and wishes to lift and tighten the relevant area.

For patients in their 30s it is typically used to stimulate collagen production and hence help delay the ageing process.

Patients in their 40s and 50s are the most common age group who have this treatment. It is also for those aged 60+ or who have had surgery in the past to prolong to effects of surgical facelifts.

UltraLift is not a replacement for surgery; it is ideal for people who wish to uplift the face and neck but who are not ready for surgery — either psychologically, financially or logistically. It is considered more of an 'uplift' than a 'facelift' and can be combined with other non-surgical lifting treatments to further enhance the results. These can be discussed with your Aesthetic Practitioner.

Does it Hurt?

Some patients find the treatment a little uncomfortable but tolerable.

60 minutes prior to your treatment, we recommend that you take paracetamol plus codeine for pain relief during the session. This will be discussed with you before your treatment.

Some patients experience a toothache type discomfort for several minutes after an area has been treated. This is why we use pain killers and makes the treatment comfortable..

Before Treatment

Your current prescribed medicines will be discussed with you. Especially any that slow your blood clotting, as bruising is possible.

Over the counter medications like aspirin/ other anti-inflammatories and fish oil supplements may also exacerbate bruising and should be discontinued 10 days in advance

How Long will it Last and when will I see results?

This really does depend on the individual and the area being treated. Changes happen over a number of weeks so some patience is required as a natural collagen building process is taking place within your skin.

Some patients feel tightness and a smoother appearance over the forthcoming days, results are expected to be seen between 12-16 weeks post treatment however it can take up to 9 months to see the full effects from a single HIFU treatment.

If you are not already using medical grade skincare, you may want to discuss this with your Aesthetic Practitioner. Medical skincare combined with treatments like HIFU can maximise the results you obtain and help to maintain the results. We recommend all clients start skincare as the foundation to all treatments.

Aftercare Advice

- Immediately after the treatment, the treated area may look slightly pink and tingly. Rarely some spots of bruising may be already visible, but typically bruising is not evident until 2-5 days after the session. Bruising and tenderness is a common temporary side effect.
- It is normal for the area to be swollen and feel stiff immediately after the treatment.
- Temporary dulling of sensation or numbness in the treated area can occur.
- If the forehead was treated, you may have a mild headache or hair pulling sensation in your scalp following the treatment. This should last no longer than 24 hours.
- You may immediately apply makeup following the treatment if you wish and there are no post-procedure limitations on activity.

If you want to contact us to book this treatment or discuss your care please call 01962 277 007