

# 3D-HIFU – Fact Sheet

## What is High Intensity Focussed Ultrasound?

High Intensity Focussed Ultrasound (HIFU) is a new non-invasive technique for skin tightening which in many cases replaces the need for expensive surgery.

Ultrasound is acoustic energy which propagates much deeper through tissue than laser or radio frequency energy. The intense ultrasound energy causes rejuvenation of collagen, making skin look younger, with none of the downsides of chemical injections or surgery!

## What areas can be improved with 3D-HIFU?

3D HIFU can be used on the entire face and neck for brow lifting, jowl lifting, reducing smile lines, wrinkles, and overall skin tightening and rejuvenation. The result is a naturally youthful appearance that retains full expression and movement. The treatment also tightens skin on the belly post childbirth or after significant weight loss. Similarly creepy skin on the arms and thighs can be reduced.

## How many treatments are necessary?

Sagging skin is part of the aging process. If left too long only surgery can be used to actually remove areas of skin. If caught early Ultrasound treatment is very effective in restoring a youthful look with a single treatment which will give a good result for 18 -24 months after which the ageing process will take over. If a second session is needed then it should be after the results of the first session are apparent, usually after 6 months.

Results become noticeable as the process of wound healing and collagen re-modelling take place. Instant tightening can often be seen immediately after treatment but significant improvements start to be apparent 2 to 3 weeks after treatment, with most clients seeing full results 16 weeks post treatment. Improvements can continue to improve over 6 months.

## How does HIFU work?

3D-HIFU acoustic energy is focused at three different depths into the Superficial Musculoaponeurotic System (SMAS) which is the continuous layer, or sheet, of firm tissue that lies beneath the skin. The highly focused acoustic energy creates thermal coagulation zones at 3 different selected depths, following which a wound healing response results in the formation of new collagen thus providing a longer term tightening of the skin.

## Does 3D-Hifu Face Lifting Hurt?

Usually a warm tingling or heat sensation may be felt or even a slight pain that lasts for a few seconds and only during the pulsation cycle when the ultrasound energy is being applied.

The level of discomfort depends on the settings used, the area being treated, and the individual sensitivity. The area around the eyes, corners of the mouth and over any bony prominence tend to be more sensitive. The neck region seems to be the area that tolerates the 3D HIFU treatment the best. Treatment can start at a low energy level and increased number of shots to achieve the desired results with much lower discomfort/pain level but with an extension of the treatment time. Skin surface anaesthetics are not used because the ultrasound is focused on levels below the dermal layer. Clients may take over the counter pain medication such as Paracetamol before treatment if they are feeling unsure.

## Where & when is HIFU not suitable?

HIFU is generally suitable for most people. It is also suitable for most skin types and textures, although there are some circumstances when treatment should not take place or advice should be taken from your medical practitioner beforehand.

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Clients will be required to complete a Consent Form and a full Health Declaration before treatment. In some cases an additional Doctor's Consent may also be required.

## What does it Cost?

Initial consultation is normally free. If a client requires further consultation before deciding to proceed with treatment then a consultation fee will be charged which will be credited against the cost of subsequent treatments.

There is a price list per treatment; final cost depends whether a single session or a course of treatments is required to achieve the desired effect, and the size of the area to be treated.

Payment is required on the day of treatment and may be by cash, or bank transfer.

## NOTICES

1. No person under the age of 16years will be given 3D-HIFU Skin treatment without the written approval of the parent or legal guardian.
2. No person will be given 3D-HIFU Skin treatment until they have read and signed the appropriate Visio Forma Consent form and have read the Visio Forma Aftercare document.
3. Clients are required to complete a full Health Declaration before treatment. In some cases an additional Doctor's Consent may also be required.
4. No person will be given 3D-HIFU Skin treatment if it is apparent that they are under the influence of alcohol, drugs or mind altering substances.



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