HIFU Pre & Post Care

The success of the results from HIFU treatments are largely impacted by various lifestyle factors. The following are recommended by Glo's medical director:

1. Reduce Inflammatory foods (processed sugars, wheat, dairy)
2. Exercise/move your body daily (avoid perspiration- first 48 hours)
3. Drinking a minimum of 80oz of water/day or up to 1 gallon for fat elimination (discuss with medical provider if you have a history of heart or kidney issues)
4. Limit prolonged sun exposure, wear quality antioxidants and mineral sunscreen (reapplying every 2 hours)
5. Take one serving daily of Vital Proteins Marine Collagen (mix into warm water or beverages. Does not mix well in cold drinks)
6. Apply appropriate post care to increase collagen production and reduce the chance of reactions
7. Eliminate or reduce alcohol consumption

Pre-Treatment

-Avoid prolonged, direct sun exposure for a 1 weeks prior
-Avoid AHAs/BHA's, retinoids, benzoyl peroxide and other active topical products for 3 days prior (check with your doctor before discontinuing any topical prescriptions)
-Avoid Antibiotics and other photosensitizing drugs for 7-10 days (check with your doctor before discontinuing)
-Contact Glo if you have a cold sore in the treatment area. If detected in the first 48 hours a prescription may be filled by Carrie Lucio NP, medical director. If the cold sore is active, your treatment will need to be rescheduled
-Arrive to your treatment with clean, makeup free skin.

Post-Treatment

With HIFU, there is generally no downtime. Aside from some precautions, you can resume most normal activities immediately
-Avoid ice or cooling the skin for the first 24 hours
-Stick to a basic skincare routine for 72 hours- gentle cleanser, non-active products, gentle moisturizer and sunscreen. Wash gently and pat dry
-Avoid heating the skin (exercise, sauna, hot tub, steam room, hot water) & direct sun exposure for 24-48 hours
-Avoid deep tissue massage for 48 hours & facial massage for 5-7 days
-Drink LOTS of water (minimum of 80-100oz, unless you have a history or heart or kidney disease/failure)
-Avoid prolonged, direct sun exposure for 2 weeks
-Discuss timing of other aesthetic procedures to avoid complications, such as: microneedling, injectables, peels, etc.

Post-Treatment Side Effect- Average Time to Resolve

-Redness: Few hours
-Slight Swelling:- Up to a few days
-Tenderness/Tingling: A few days up to weeks
-Bruising/Welts: Hours to days
-Numbness: A few days up to weeks

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Post-Treatment Healing Phases

Results from a HIFU treatment take time. Results may start to become visible within the first month, but optimal results can take up to 12 weeks

1. Inflammation- skin coagulation & cell migration: mild tenderness, swelling, erythema, bruising, nerve sensitivity (Avg 0-72 hours, up to 2 weeks for bruising & nerve sensitivity)
2. Proliferation- create new collagen and fibroblasts (firmness), tightening begins, start to see improvements (Avg 2-6 weeks)
3. Remodeling- restructuring (smoothing & increasing flexibility) & strengthening of new collagen fibers, tightening/lifting/contouring effect continues, lipolysis (Avg 3wk-6months. Magic typically happens around 6-8wk mark)