



# DualHI+™

## HIFU Treatment: Pre- and Post-Care

### What is HIFU Treatment?

HIFU (High-intensity Focused Ultrasound) treatment is a non-invasive, non-surgical, safe treatment for facelifting, wrinkle reductions, double chins and body sculpting. It uses focused ultrasound energy to target different layers of the skin just below the surface. During the treatment, high-frequency ultrasound beams are emitted to the target tissue sites, causing the tissue to heat up rapidly and experience cellular damage. This damage initiates the cells' healing process, stimulates the production of new collagen and results in tighter, firmer skin. While this may seem counterintuitive, the beams are focused only on the targeted tissue sites below the skin's surface. Therefore, no damage is caused to the upper layers of the skin and no downtime is required. Since HIFU energy can reach as far as the fat layer of the body, it is also a highly effective treatment to remove unwanted fat and tighten body skin.

Most people need only 1-2 full treatments. People with photodamaged skin or a high degree of loose skin may require multiple treatments to see the desired results. The DualHI+ device used at InnoShape Body Studio can also provide express HIFU facial treatments for immediate skin toning and glowing effects, and mini treatments for small areas such as around the eyes and lips.

Aesthetic results from HIFU treatment generally last 12-18 months, and even longer with a healthy lifestyle. Before and after care is as important as the treatment itself. Following these guidelines helps reducing discomfort or complications and enhancing the results.

### PRE-CARE

HIFU is a safe and non-invasive treatment. However, not everyone is suitable for it. You will be asked to fill in health questionnaire and consent form to ascertain your suitability for this treatment. Before your HIFU treatment, check carefully the list of contraindications and confirm that you do not have any of these conditions.

- (1) You will NOT be treated with HIFU if you have any of these medical conditions:
  - You are pregnant or likely that you are pregnant.
  - You are breast-feeding.
  - You have a history of:
    - cancer.
    - seizure.
    - keloid and hypertrophic scar formation.
    - hemorrhagic disorders or hemostatic dysfunction.
    - diabetes.
    - autoimmune disease.
    - heart issues, including wearing a pacemaker.
    - any other medical conditions that may restrict you from undergoing a HIFU treatment.
  - You have active infections or immunosuppression.
  - You are taking medications causing photosensitivity, both prescription and non-prescription.
  - You are taking blood thinning or anti-coagulant medications.
  - You have any dermal or metal implants, including chin implants.

- (2) Certain activities or treatments must not be undertaken PRIOR TO HIFU treatment. Postpone your HIFU booking if the required length of break is insufficient:

2 weeks before:	<ul style="list-style-type: none"><li>• avoid excessive sun exposure and skin tanning.</li><li>• stop using any skin products with active ingredients, such as Retin A, Vit C, AHAs, BHAs, glycolic, salicylic acids, benzoyl peroxide, Tazorac, Triluma and Differin.</li><li>• avoid using antibiotics.</li></ul>
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### InnoShape Body Studio

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4 weeks before:	<ul style="list-style-type: none"> <li>• avoid botox/filler on or near the areas to be treated.</li> <li>• avoid microdermabrasion and any laser treatment on the areas to be treated.</li> <li>• avoid chemical peels on the areas to be treated.</li> </ul>
6 months before:	<ul style="list-style-type: none"> <li>• avoid using medications for acne or skin thinning, such as Isotretinoin and Accutane.</li> <li>• avoid laser resurfacing procedure.</li> </ul>
12 months before:	<ul style="list-style-type: none"> <li>• avoid facial thread lift surgery.</li> </ul>

(3) HIFU treatment will not be provided if the following symptoms or conditions are developed:

- fever
- cold sores or any open sores on or near the areas to be treated
- skin irritation or open lesions on or near the areas to be treated
- herpes I or II on or near the areas to be treated
- contagious diseases

(4) Optional: The following will help boosting the result.

- GENTLY exfoliate the skin 48 hours prior
- Take nano-collagen supplements before and after the treatment

## ON THE TREATMENT DAY

- (1) Inform InnoShape Body Studio if your physical conditions have changed and/or you have developed symptoms which may prevent you from receiving the HIFU treatment.
- (2) Do not wear make up to your session. Remove jewellery, if any, from the areas to be treated.
- (3) Drink 1 litre of water before the session
- (4) Do not make plans for exercise or outdoor activities on the treatment day.

## POST-CARE

There is no downtime after HIFU treatment and you can go back to work or resume most usual activities. However, some discomfort on the treated areas may be experienced. It is normal that the treated areas feel warm and tingly, are a bit dry or tight, turn rosy or are flushed or display mild bruises and swelling. These usually subside and disappear in a few hours to a few days. Aftercare is important to minimize the discomfort and boost the results of the treatment.

- (1) Do not use hot water to shower or wash your face for 1 week. Cold or lukewarm water speed up recovery. If the treated areas feel hot or sensitive, apply a cold pack or some aloe vera gel.
- (2) Apply good quality serum or moisturizer. Use moisturizing facial mask daily for 1-2 weeks to hydrate your face skin. Avoid skin care products containing active ingredients such as Retin A, Vit C, AHAs, BHAs, etc.
- (3) Avoid excessive sun exposure in the first month. Wear sunscreen with 30+SPF daily.
- (4) Avoid intensive exercise, sauna, steam room and massage for 1 week.
- (5) Avoid alcohol to minimize the workload of your liver in detoxifying.
- (6) Keep drinking plenty of water to rehydrate your skin, help flushing out metabolic wastes, accelerate skin recovery, and enhance collagen production.
- (7) Do not wax or exfoliate the treated areas for 1 week
- (8) Avoid laser treatments and Botox on the treated areas for 2 weeks.
- (9) Avoid Filler on the treated areas for 4 weeks.
- (10) Check with your therapist if you are going to undertake another treatment on the HIFU treated areas.
- (11) Individual reaction differs. Seek medical advice if negative symptoms persist.
- (12) Most people see results right after the treatment. The best result comes after 3 months and re-generation of collagen will continue for up to 6 months. Be patient as time is needed to give your skin a new life.
- (13) Book a review session or a follow up treatment, if needed, with your InnoShape consultant.



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