**FAQ’s**

**HIFU**

**How does the HIFU treatment work?**

HIFU uses a working surface area of 43mm² delivering high intensity focused ultrasound 13mm into the subcutaneous fat via a hand piece. This energy creates a heat of 60-65° causing Necrosis within the fat cells in targeted areas. HIFU will treat ‘pockets of fat’ situated around the body, ideal for sculpting the body shape.

The effected fat cells in the treated area die and dissolve over a course of weeks.

**What happens to the fat?**

When fat cells are exposed to the intense heat created by the HIFU the cells start to inflame and breakdown. This causes the entire cell to swell and rupture (cell lysis) the ultimate breakdown of the plasma membrane, the contents of the cell including extracellular fluid.

This inflammatory response attracts Macrophages that ingest and clear the extracellular lipids and cellular debris.

Due to the heat increase with in the skin, contraction and thickening of the collagen fibers is achieved giving a noticeable skin tightening effect

**Who is it for?**

HIFU will treat ‘pockets of fat’ situated around the body. Ideal for sculpting the body shape.

**What body areas are treated?**

The HIFU treatment focuses on pockets of fat on the abdomen and flanks, under buttocks and outer thigh.

**What results can I expect?**

The fat cells in the treated area die and dissolve then the residue is picked up by the Lymphatic system and removed through the body over a course of weeks. This will give a permanent reduction in the fat layer treated.

**What will I experience during treatment?**

Firstly the Therapist will mark the treated area to determine treatment procedure. A thin layer of gel is applied to the skin and the treatment head. The treatment head is placed on the area and the HIFU is emitted. There will be a build-up of heat in the area for 2 minutes and then the hand piece is placed in the next area and process repeated until the area is complete.

**What happens after treatment?**

As soon as the session is over, the treatment area will have normal surface temperature but heat will be felt deeper in the skin. The area can be red and swollen and this can be experienced for up to 2 weeks. The results of the HIFU procedure are usually visible two to four months after treatment.