**FAQ’s**

**HIFU**

**How does the HIFU treatment work?**

HIFU deliveries high intensity focused ultrasound energy in a 4cm line at 3 different depths into the skin, 1.5mm, 3.0mm and 4.5mm via a hand piece. This energy creates a heat of 60-65° at these different depths causing heat trauma to the cells.

The ultrasound is focused below the skin’s surface causing cellular friction within molecules and precise target-point heating. The Friction between the molecules as a result of the HIFU, produces heat and thermal injury at the focal point of the HIFU delivery. The Epidermal surface remains unaffected by the heat as long as the energy stays within protocol and is not delivered in excess.

Heat is created within the skin tissue, and only generated at the target point. 3D-HIFU uses three cartridge depths, 1.5mm 3.0mm or 4.5mm. This tissue at these target points is heated to approximately 65°C, which create spaced ‘wounds’ or cones of heat and cellular friction.

**What happens to the treated area?**

The result of this process promotes healing, immediate contraction and collagen stimulation through fibroblast activity within these treatment zones. The healing process will work over 90-180 days, the wound-healing response stimulates long-term tissue repair which leads to further lifting and tightening.

The SMAS layer (Superficial muscular aponeurotic system) is the layer which the muscles of the face and the soft tissue attach. It is a layer of tissue that attaches and surrounds the deeper tissues and structures of the face and neck, including the entire cheek area.

The SMAS is composed of collagen and elastin fibres similar to those of the dermal tissue but is more durable and has a less delayed reaction after lifting and tightening procedures. The SMAS is the section of the skin treated with HIFU to give a long lasting tightening effect as a result of treatment.

**Who is it for?**

HIFU is for clients wishing to achieve a ‘lift’ on the face and neck. Often marketed as the ‘new, non-surgical face lift’

**What areas are treated?**

The HIFU treatment focuses on the cheek area, forehead and eye area an also treats the neck.

**What results can I expect?**

Immediately after treatment the area will look a little pink and have an initial contraction or tightening of the face. The full effect of the HIFU treatment will be seen approximately 2-4 months post treatment. Results will last from 12-18 months.

**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. This is repeated a number of times over the whole treatment area. There will be a build-up of heat in the area and sensation is generally felt greater around bony areas of the face. A facial treatment will take approximately 1 hour and 30 mins.

**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.