

## Aftercare for HIFU Treatment

### Immediately After HIFU Treatment:

The treated area may appear red right after the procedure. Some individuals may experience mild swelling and redness for 1-2 days following treatment. After 5-7 days, there should be no visible signs of redness or swelling.

### Post-Treatment Instructions:

- **Avoid Other Treatments:** Refrain from botox, fillers, laser treatments, or RF treatments for one month after HIFU.
- **Diet:** Reduce carbohydrate and calorie intake for 1-2 weeks to facilitate the body's use of released fat as energy.
- **Hydration:** Increase your daily water intake, preferably with lemon, to support the body's natural cleansing process.
- **Alcohol:** Avoid alcohol for the first 24-48 hours after treatment.
- **Saunas and Activities:** Avoid saunas, steam rooms, and vigorous activities for one week following treatment.
- **Spa Treatments and Massage:** Refrain from spa treatments and massages during the recovery period.
- **Make-Up:** Avoid using make-up for the first 24 hours post-treatment.
- **Sun Protection:** Stay away from direct sunlight and tanning beds for at least one week after treatment.

To ensure the best possible results and a smooth recovery process, please adhere closely to these aftercare instructions. If you experience any unusual symptoms or discomfort, contact Nook Laser Studio immediately for advice.