



PATIENT INFORMATION

HIFU

High-Intensity Focused Ultrasound

Non-surgical lifting & tightening — your guide to before & aftercare



CONSULTANT-LED CARE · WATERLOO, LIVERPOOL

WELCOME

Thank you for choosing The Pinewoods Clinic

This guide explains HIFU (High-Intensity Focused Ultrasound) at The Pinewoods Clinic: how it works, how to prepare, what happens on the day, how to look after your skin afterwards and when to contact us.

Every treatment is tailored to your skin. If anything in this guide differs from the instructions your practitioner has given you personally, **follow your practitioner's advice.**

Your practitioner

Jodie Miller

RADIOFREQUENCY MICRONEEDLING, IPL & HIFU

The Pinewoods Clinic, Waterloo

Jodie carries out our radiofrequency microneedling, IPL and HIFU treatments. She will guide you through your consultation, plan your treatment and support you through your aftercare.

All treatments at The Pinewoods Clinic are delivered under the clinical governance of our Medical Director, Mr Rob Laycock, Consultant Maxillofacial & Facial Plastic Surgeon (GMC 6145445), so medical advice is always available if you need it.

How to reach us

Telephone **0151 380 0055** · Email **treatment@pinewoodsclinic.com**

All voicemails and website contact forms are monitored. See Section 09 for warning signs.

SECTION 01

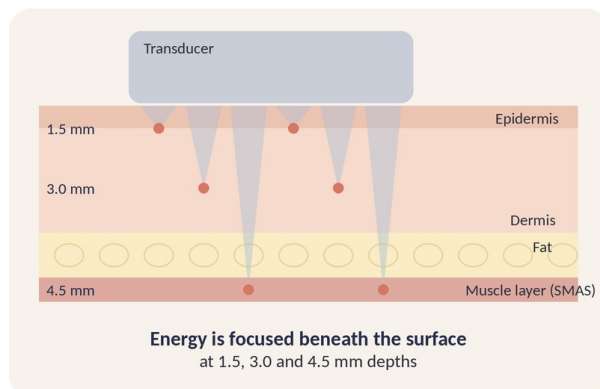
About HIFU

HIFU is a non-surgical treatment that uses focused ultrasound energy to lift, tighten and firm the skin. The energy passes through the surface of the skin without harming it and is focused at precise depths beneath, creating tiny points of heat. These stimulate the body to produce new collagen and cause the deeper support layers to contract, including the SMAS — the same layer tightened in a surgical facelift.

We deliver HIFU using the Lynton FOCUS Dual system. Results develop gradually and naturally, with no incisions and minimal recovery, which is why HIFU is often called a non-surgical facelift.

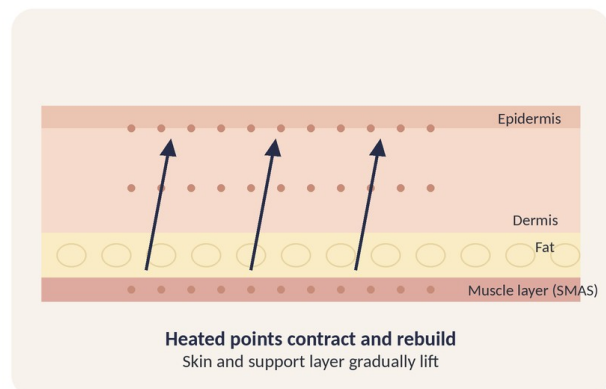
1 DURING TREATMENT

Focused ultrasound



2 OVER 2 TO 6 MONTHS

Lift and tighten



Simplified cross-sections of the skin. Illustration for guidance only.

Gradual, natural results

Some tightening may be seen straight away, but the main lift develops over 2 to 3 months as new collagen forms, with results continuing to improve for up to 6 months.

Is surgery better for me?

HIFU suits mild to moderate skin laxity. It cannot remove heavy jowls or a large amount of loose skin, where a facelift or necklift may be more suitable.

SECTION 02

What it can treat

HIFU is used to lift and tighten:

- ◆ The brows and upper face
- ◆ Cheeks, jowls and jawline definition
- ◆ Loose skin under the chin and on the neck
- ◆ Crepey skin on the chest (décolletage)
- ◆ Areas of mild laxity on the body

WHAT TO EXPECT	
Treatment time	Up to 90 minutes, depending on the area
Sessions	Usually a single treatment, with maintenance every 12 to 18 months
Results	Develop over 2 to 3 months, continuing for up to 6 months
Downtime	Minimal — most people return to normal activities straight away

Treatment may not be suitable if you

- ◆ Are pregnant or breastfeeding
- ◆ Have an active skin infection, open wound or severe acne in the area
- ◆ Have metal implants, gold threads or recent dermal filler in the area
- ◆ Have a pacemaker or other implanted electronic device
- ◆ Have very thin skin with little underlying fat, or significant skin laxity better suited to surgery
- ◆ Have a bleeding disorder or take blood thinners

SECTION 03

Preparing for your treatment

At your consultation we will assess your skin, the degree of laxity and your medical history, and explain what can realistically be achieved.

BEFORE YOUR TREATMENT	WHAT TO DO
2 weeks before	Avoid dermal fillers or anti-wrinkle injections in the area
1 week before	Stop retinol and exfoliating acids on the area
On the day	Arrive with clean skin and no make-up. Take paracetamol an hour beforehand if advised
After treatment	Plan for mild tenderness when chewing if the jawline has been treated

SECTION 04

Risks and possible side effects

HIFU is very safe when carried out by a trained practitioner, but as with any treatment there are possible side effects.

COMMON

Expected and temporary

- ◆ **Redness and mild swelling** — usually settle within hours to a few days.
- ◆ **Tenderness** — especially along the jawline, when chewing or touching the area; can last 1 to 4 weeks.
- ◆ **Tingling or numbness** — in patches; usually settles within a few weeks.

LESS COMMON

Can occur and may need treatment

- ◆ **Bruising** — usually small and settles within a week.
- ◆ **Temporary lines or welts on the skin** — fade within days.

RARE

Uncommon but important — see Section 09 for warning signs

- ◆ **Burns or blistering** — very rare.
- ◆ **Temporary weakness of facial movement** — from nerve irritation; usually settles within weeks.
- ◆ **Loss of fat volume in the treated area** — rare.

FURTHER TREATMENT

HIFU results develop over several months and last around 12 to 18 months, as the skin continues to age naturally. Many people choose a maintenance treatment every year or so, and some benefit from combining HIFU with RF microneedling or skin treatments.

Additional sessions or re-treatment may involve additional costs, such as theatre, anaesthetic and surgical fees. Your surgeon will explain this at your consultation and the details are set out in your treatment terms. Please ask if anything is unclear before your operation.

SECTION 05

On the day of treatment

- 1 Your skin is cleansed and photographed, with your consent, and the treatment areas are marked.
- 2 A thin layer of ultrasound gel is applied.
- 3 The handpiece is placed firmly on the skin and delivers lines of focused ultrasound, at different depths for each area.
- 4 The gel is removed and a soothing moisturiser and SPF are applied.

How it feels

You will feel a series of deep, warm prickles or tingles as each line is delivered. It can feel more intense over bony areas such as the jawline. The sensation stops as soon as the pulse ends, and your practitioner will adjust the settings for comfort.

SECTION 06

Your recovery at a glance

WHEN	WHAT TO EXPECT	WHAT TO DO
Day of treatment	Mild redness and swelling. Some immediate tightening may be felt.	Return to normal activities. Gentle skincare. SPF.
Days 1 - 7	Tenderness, especially along the jawline or when chewing. Occasional small bruises.	Paracetamol if needed. Avoid heat for 48 hours.
Weeks 1 - 4	Tenderness and any tingling settle.	
2 - 3 months	Lifting and tightening become visible.	
3 - 6 months	Results continue to improve and reach their peak.	Review appointment.
12 - 18 months	Gradual natural ageing continues.	Maintenance treatment if you wish.

SECTION 07

Caring for your skin

- 1 Cleanse gently and pat dry. Apply a bland, fragrance-free moisturiser.
- 2 Take paracetamol if the area feels tender.
- 3 Use a broad-spectrum SPF 30 or higher every day.
- 4 Avoid firm massage or pressure on the treated area for the first few days.
- 5 Stay well hydrated and look after your skin to support new collagen.

Avoid heat

Very hot showers, saunas, steam rooms and hot yoga for 48 hours.

Skincare

Avoid retinol, acids and scrubs for 3 to 5 days.

Eating

If your jaw feels tender, softer foods can help for a few days.

Other treatments

Wait 2 weeks before anti-wrinkle injections or fillers in the area.

SECTION 08

Getting back to normal

ACTIVITY	WHEN YOU CAN RESTART
Work & socialising	Straight away
Make-up	Straight away if the skin is not irritated, or the next day
Exercise	Light exercise straight away; intense exercise after 24 to 48 hours
Saunas, steam rooms & hot tubs	Avoid for 48 hours
Facial massage & facials	Avoid for 1 week
Anti-wrinkle injections & fillers	Wait 2 weeks
Sunbathing & sunbeds	Avoid for 2 weeks

SECTION 09

When to get help

Problems are uncommon, but it is important to recognise them early.

URGENT — CONTACT US OR GO TO A&E

- ◆ Swelling of the face, lips, tongue or throat, or difficulty breathing
- ◆ Sudden weakness of facial movement

CONTACT THE CLINIC PROMPTLY IF YOU NOTICE

- ◆ Blisters, burns or open areas
- ◆ Increasing pain, heat or swelling after the first 2 days
- ◆ Bruising or tenderness that is getting worse rather than better
- ◆ Numbness or tingling lasting more than 4 weeks
- ◆ Any change in facial movement

Questions or concerns

Call the clinic on **0151 380 0055**. If the line is busy, please leave a message — all voicemails and website contact forms are monitored and the team will call you back. You can also email **treatment@pinewoodscclinic.com**. Outside clinic hours, call NHS 111 for urgent advice.

SECTION 10

My treatment notes

Your clinician will complete these details with you.

Treatment (HIFU)

Area treated

Date of treatment

Clinician

Test patch date

Next session

Review appointment

Questions for my review

THE PINEWOODS CLINIC

Crosby Road North, Waterloo, Liverpool L22 0PJ

Telephone **0151 380 0055** • Email **treatment@pinewoodsclinic.com**

pinewoodsclinic.com • Instagram @thepinewoodsclinic • Facebook /PinewoodsClinic

This leaflet provides general information and does not replace the individual advice of your surgeon. Document: PIL-HIFU • Version 1.0 • Issued September 2026 • Review due September 2028.



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