

What to Expect with HIFU

Before - Treatment Day - Aftercare

A patient expectation guide for before HIFU, treatment day and aftercare.
This document does not replace an in-person physician assessment.



Dr. Hamza Gemici

Medical Aesthetics Physician - Ataşehir, Istanbul
30+ years of clinical experience - non-surgical aesthetic medicine
June 2026 - Patient education document

HIFU in one page

Controlled focused ultrasound for selected tissue tightening goals.

Summary

Controlled focused ultrasound for selected tissue tightening goals.

HIFU uses high-intensity focused ultrasound energy delivered to selected skin and subcutaneous depths. In the right candidate, the aim is to support a collagen response and gradual tissue tightening.

Results are usually not dramatic on the same day. Many patients notice change over weeks, while tissue remodeling matures over months.

Key points

- No incision, stitches or general anesthesia are involved.
- The best candidate usually has mild to moderate laxity.
- Severe skin excess may require surgical assessment.
- Outcome depends on anatomy, tissue quality and biological response.

Patient action note

Summary

Share at consultation

No incision, stitches or general anesthesia are involved.

Clarify with physician

The purpose is not to promise a non-surgical facelift result; it is to assess whether controlled tightening is realistic for you.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Expectation sentence

The purpose is not to promise a non-surgical facelift result; it is to assess whether controlled tightening is realistic for you.

What HIFU is not

Correcting unrealistic expectations protects patient safety.

Realism

Correcting unrealistic expectations protects patient safety.

HIFU does not remove excess skin, fill volume loss, relax expression muscles or act as a weight-loss treatment. It is not the same as surgery, dermal filler, botulinum toxin or resurfacing.

For some patients HIFU alone is not enough. The physician may recommend a combination plan, postponement or referral for another specialist opinion.

Key points

- It does not fill deep folds immediately like filler.
- It is not a treatment for pigmentation or active acne.
- Heavy jowling requires cautious expectations.
- Symmetry depends on the starting anatomy.

Patient action note

Realism

Share at consultation

It does not fill deep folds immediately like filler.

Clarify with physician

Good candidate selection matters more than high energy settings. There is no one-size-fits-all protocol.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Decision quality

Good candidate selection matters more than high energy settings. There is no one-size-fits-all protocol.

How treatment depths are considered

Depth is selected by region and tissue thickness.

Technical

Depth is selected by region and tissue thickness.

Different HIFU cartridge depths may be used for superficial skin, dermal layers and deeper support tissues. Selection is not a fixed template; it depends on anatomy and safety boundaries.

If tissue is thin, the area is anatomically sensitive or previous procedures increase risk, parameters may be changed or treatment postponed.

Key points

- Depth selection is individualized.
- Bony prominences and nerve-path areas require caution.
- Cheeks, jawline and neck may be planned differently.
- The goal is controlled effect, not unnecessary heat load.

Patient action note

Technical

Share at consultation

Depth selection is individualized.

Clarify with physician

A device name alone is not a quality measure; indication, planning and execution matter.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Technical note

A device name alone is not a quality measure; indication, planning and execution matter.

Who may be a better candidate?

Mild to moderate laxity and realistic goals.

Candidacy

Mild to moderate laxity and realistic goals.

HIFU is commonly considered for patients with mild to moderate laxity in the face, jawline, submental area, neck or brow region who prefer a non-surgical option. The final decision requires examination.

Candidacy is not based on age alone. Skin quality, dermal thickness, fat distribution, sun damage, weight change and expectations all matter.

Key points

- Mild jawline blurring may be assessed.
- Early neck laxity may be suitable.
- Patients seeking low social downtime may consider it.
- Patients wanting gradual, natural change are usually better candidates.

Patient action note

Candidacy

Share at consultation

Mild jawline blurring may be assessed.

Clarify with physician

A photograph or message cannot determine candidacy with certainty; an in-person evaluation is necessary.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Assessment required

A photograph or message cannot determine candidacy with certainty; an in-person evaluation is necessary.

When HIFU may be postponed

If risk is increased, safety comes first.

Contraindications

If risk is increased, safety comes first.

HIFU may be postponed with active infection, open wounds, uncontrolled systemic disease, pregnancy, breastfeeding, certain implants, recent surgery or recent aggressive skin procedures.

Anticoagulants, immunosuppression, neurological symptoms, keloid tendency, severe sensitivity or unrealistic expectations also require careful review.

Key points

- Report active cold sores, skin infection or fever.
- Pregnancy and breastfeeding status must be disclosed.
- Metal, silicone and medical implant history should not be hidden.
- Severe laxity may need surgical specialist assessment.

Patient action note

Contraindications

Share at consultation

Report active cold sores, skin infection or fever.

Clarify with physician

Sometimes the safest decision is not to treat today or to wait for the right timing.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Postponement is not failure

Sometimes the safest decision is not to treat today or to wait for the right timing.

What is assessed at consultation?

The plan starts with in-person physician analysis.

Consultation

The plan starts with in-person physician analysis.

At consultation, your concern, prior procedures, medications, allergies, skin conditions and expectations are reviewed. The physician assesses facial structure, symmetry, laxity and skin quality.

The goal is not only to ask whether HIFU can be performed, but whether it is the right option for your specific concern.

Key points

- Prepare one sentence describing your main concern.
- Write down prior procedures and their dates.
- Share all medications and supplements.
- Expect photography and informed consent.

Patient action note

Consultation

Share at consultation

Prepare one sentence describing your main concern.

Clarify with physician

Ask: 'Is HIFU alone enough for my expectation, or do I need a different plan?'

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Useful question

Ask: 'Is HIFU alone enough for my expectation, or do I need a different plan?'

Why medical history matters

Small details can change an energy-device plan.

History

Small details can change an energy-device plan.

HIFU does not cut the skin, but it is still a medical procedure. Bleeding tendency, anticoagulants, autoimmune disease, neurological conditions, facial palsy history, implants and prior aesthetic procedures matter.

Incomplete information can affect parameter choice and follow-up planning. Safe treatment requires an honest medical history.

Key points

- Do not stop blood thinners on your own.
- Mention recent dental treatment or facial procedures.
- Report cold sore history, healing problems and keloid tendency.
- List over-the-counter supplements too.

Patient action note

History

Share at consultation

Do not stop blood thinners on your own.

Clarify with physician

Any decision to stop or start medication must be made with the physician who manages that medication.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Medication safety

Any decision to stop or start medication must be made with the physician who manages that medication.

Defining success before treatment

The target should be agreed before energy is delivered.

Goals

The target should be agreed before energy is delivered.

A good HIFU response may mean a clearer jawline feel, firmer tissue, mild lift or subtle neck tightening. The degree of change depends on starting anatomy.

Before treatment, clarify the priority area, what is realistic and what should not be expected.

Key points

- Decide whether jawline, neck or brow is the priority.
- Filtered social-media images should not be the target.
- Asymmetry should not be promised away.
- Natural, gradual change is the preferred goal.

Patient action note

Goals

Share at consultation

Decide whether jawline, neck or brow is the priority.

Clarify with physician

HIFU is more meaningful for a refreshed and firmer appearance than for dramatic surgical transformation.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Realistic target

HIFU is more meaningful for a refreshed and firmer appearance than for dramatic surgical transformation.

Four weeks before

Keep the planning period calm and predictable.

4 weeks

Keep the planning period calm and predictable.

In the month before treatment, be careful with aggressive skin procedures, heavy sun exposure, tanning and anything that disrupts the skin barrier. Active irritation may require postponement.

This is also the right time to gather previous procedure records, disclose health changes and plan the appointment around your social calendar.

Key points

- Share dates of recent lasers, peels or RF treatments.
- Report sunburn before the appointment.
- Tell the clinic about new illness or medication changes.
- Avoid scheduling immediately before a major event.

Patient action note

4 weeks

Share at consultation

Share dates of recent lasers, peels or RF treatments.

Clarify with physician

First-time HIFU patients usually feel more comfortable leaving several weeks before important events.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Planning tip

First-time HIFU patients usually feel more comfortable leaving several weeks before important events.

Two weeks before

Focus on a calm, intact skin barrier.

2 weeks

Focus on a calm, intact skin barrier.

Two weeks before treatment, the goal is to keep the skin calm, hydrated and non-irritated. Retinoids, acids and aggressive home treatments may increase sensitivity in some patients.

Medications and supplements that may affect bleeding, bruising or healing should be disclosed, but do not stop prescribed medication without approval.

Key points

- Do not start strong new active skincare.
- Report dermatitis, cold sores or acne flare.
- Prepare a medication list.
- Maintain sleep and hydration routines.

Patient action note

2 weeks

Share at consultation

Do not start strong new active skincare.

Clarify with physician

Applying energy to irritated skin can reduce comfort and complicate recovery.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Skin barrier

Applying energy to irritated skin can reduce comfort and complicate recovery.

One week before

Prepare for a smooth appointment day.

1 week

Prepare for a smooth appointment day.

In the final week, confirm travel, recovery time and clinic contact information. Most patients return to normal life, but the first day may include tenderness.

If dental treatment, infection, fever, new medication, cold sore symptoms or unexpected skin reaction occurs, inform the clinic before treatment day.

Key points

- Avoid rushing your schedule before the appointment.
- Do not plan sauna, intense exercise or long sun exposure the same day.
- You may be asked to arrive without makeup or heavy skincare.
- Prepare a short list of questions.

Patient action note

1 week

Share at consultation

Avoid rushing your schedule before the appointment.

Clarify with physician

Arriving calm and informed improves the treatment experience.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Good preparation

Arriving calm and informed improves the treatment experience.

The final 48 hours

Calm skin, clear information and adequate rest.

48 hours

Calm skin, clear information and adequate rest.

During the last 48 hours, avoid products and habits that irritate the skin. Alcohol, poor sleep and heavy sun exposure may increase swelling or sensitivity.

If a new symptom appears, it is safer to notify the clinic before arrival rather than mentioning it only in the treatment room.

Key points

- Report sunburn, fever or active skin infection.
- Keep skincare gentle and hydrating.
- General hydration supports comfort.
- Share any last-minute medication change.

Patient action note

48 hours

Share at consultation

Report sunburn, fever or active skin infection.

Clarify with physician

If you feel unwell, contact the clinic before leaving for the appointment.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Final check

If you feel unwell, contact the clinic before leaving for the appointment.

The night before

Simple preparation supports comfort.

Night

Simple preparation supports comfort.

The night before, focus on sleep, gentle cleansing and comfortable clothing. Clothing that gives easy access to the face and neck makes the appointment easier.

Avoid searching for new protocols online. Trust the plan you discussed with your physician.

Key points

- Use a gentle cleanser.
- Check the address and appointment time.
- Prepare medical notes and medication list.
- Good sleep supports comfort.

Patient action note

Night

Share at consultation

Use a gentle cleanser.

Clarify with physician

Write down your question; it is not too late to ask before treatment starts.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Anxiety is normal

Write down your question; it is not too late to ask before treatment starts.

Treatment-day flow

Arrival, review, consent, treatment and discharge.

Day

Arrival, review, consent, treatment and discharge.

On treatment day, there is a brief health update, area assessment, possible photography or marking, review of the plan and informed consent.

Patients are usually awake. HIFU pulses may feel warm, prickly, electric, deep or tender depending on the area.

Key points

- Do not arrive extremely hungry or exhausted.
- You may be asked to avoid makeup and heavy skincare.
- Tell the physician what you feel during treatment.
- Clarify aftercare instructions before leaving.

Patient action note

Day

Share at consultation

Do not arrive extremely hungry or exhausted.

Clarify with physician

Being open about pain threshold, sensitive areas and anxiety improves safety.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Communication

Being open about pain threshold, sensitive areas and anxiety improves safety.

Arrival and final safety check

Last-minute health changes belong here.

Check-in

Last-minute health changes belong here.

At arrival, identity, contact details, consent and current health status are reviewed. If active redness, infection, open wound or unexpected sensitivity is present, the plan may change.

Your key responsibility is to disclose recent medication, illness, dental treatment or skin changes.

Key points

- Report fever, cold sores, inflamed acne or skin wounds.
- Mention medications taken in the last 24 hours.
- Disclose possible pregnancy.
- Remind the physician of past aesthetic complications.

Patient action note

Check-in

Share at consultation

Report fever, cold sores, inflamed acne or skin wounds.

Clarify with physician

Coming to the appointment does not mean treatment must proceed; final checks protect safety.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Safe start

Coming to the appointment does not mean treatment must proceed; final checks protect safety.

Cleansing and marking

Correct area, correct border, correct energy.

Prep

Correct area, correct border, correct energy.

The skin is cleansed before treatment. The physician evaluates treatment zones and areas that require anatomical caution. Marking may help organize energy delivery. This is not just technical preparation; it defines safe boundaries.

Key points

- Jewelry and accessories may be removed.
- The area may be divided into zones.
- Bony prominences and sensitive nerve areas are considered.
- The plan may be adjusted during treatment.

Patient action note

Prep

Share at consultation

Jewelry and accessories may be removed.

Clarify with physician

Careful marking and zone analysis help reduce unnecessary energy exposure.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Technical quality

Careful marking and zone analysis help reduce unnecessary energy exposure.

Comfort and sensations

Zero sensation is not expected; comfort should be manageable.

Comfort

Zero sensation is not expected; comfort should be manageable.

HIFU sensation varies. Some patients feel warmth and pressure; others feel sharper pulses around the jawline or bony areas.

The goal is not to test endurance. Your feedback helps adjust pauses, areas and comfort measures.

Key points

- Deep warmth, prickling, pulling or electric sensations may occur.
- The sensation comes in short pulses.
- Sensitivity differs by region.
- Tell the physician immediately if pain is intolerable.

Patient action note

Comfort

Share at consultation

Deep warmth, prickling, pulling or electric sensations may occur.

Clarify with physician

Severe pain does not have to be accepted as normal. Communication improves safety.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Pain communication

Severe pain does not have to be accepted as normal. Communication improves safety.

What happens during application?

A controlled zone-by-zone energy plan.

Treatment

A controlled zone-by-zone energy plan.

The physician places the handpiece over planned areas and delivers pulses. Gel helps maintain contact and energy transmission. Sensation can change as the area changes. Treatment time depends on number of areas, facial anatomy and planned intensity. Accuracy matters more than speed.

Key points

- Cheeks, jawline, submental area and neck may be planned separately.
- Not every pulse feels the same.
- Short pauses may be used.
- The skin is reassessed after treatment.

Patient action note

Treatment

Share at consultation

Cheeks, jawline, submental area and neck may be planned separately.

Clarify with physician

A fast high-pulse session is not automatically better; individualized planning is better.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Quality measure

A fast high-pulse session is not automatically better; individualized planning is better.

Immediately after treatment

The first appearance is often calm.

Exit

The first appearance is often calm.

Right after treatment, mild redness, warmth, tenderness or a tight feeling may occur. Some patients notice immediate firmness, but this is not the final result.

The main tissue response develops over time. Judging the outcome in the first days is misleading.

Key points

- Mild redness and tenderness can be expected.
- Follow the clinic's makeup and skincare advice.
- Avoid excessive heat on the first day unless told otherwise.
- Confirm follow-up timing before leaving.

Patient action note

Exit

Share at consultation

Mild redness and tenderness can be expected.

Clarify with physician

Early tightness may be temporary; durable assessment requires weeks to months.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Immediate result

Early tightness may be temporary; durable assessment requires weeks to months.

The first 24 hours

Calm care and avoiding excess heat.

24 hours

Calm care and avoiding excess heat.

During the first 24 hours, avoid irritating the skin, sauna, steam rooms, tanning beds, intense exercise and aggressive skincare. Mild tenderness may be normal.

Follow your physician's guidance on pain relief or cold application. Do not add strong products or medication on your own.

Key points

- Cleanse gently.
- Avoid intense exercise and heat.
- Do not plan heavy sun exposure.
- Call the clinic for severe pain, blistering or unusual asymmetry.

Patient action note

24 hours

Share at consultation

Cleanse gently.

Clarify with physician

Seek prompt help for sudden facial weakness, severe pain, blistering, worsening bruising or signs of infection.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Urgent warning

Seek prompt help for sudden facial weakness, severe pain, blistering, worsening bruising or signs of infection.

Days two and three

Tenderness usually starts to settle.

2-3 days

Tenderness usually starts to settle.

Most patients continue daily routines on days two and three. Touch tenderness, mild swelling or tightness may persist, usually temporarily.

Observe the skin without repeatedly checking it. If a symptom is unexpected, take a clear photo and contact the clinic.

Key points

- Continue gentle cleansing and moisturizer.
- Use sun protection.
- Avoid heavy massage or pressure.
- Report symptoms that worsen instead of improving.

Patient action note

2-3 days

Share at consultation

Continue gentle cleansing and moisturizer.

Clarify with physician

Tenderness should generally trend down; increasing pain should not be ignored.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Normal course

Tenderness should generally trend down; increasing pain should not be ignored.

The first week

The skin is calmer; tissue response is beginning.

1 week

The skin is calmer; tissue response is beginning.

In the first week, visible change may be minimal. This is normal. HIFU aims for a gradual collagen response, not an instant transformation.

Barrier-friendly skincare, sun protection and the physician's product plan are the priorities.

Key points

- Return to retinoids or acids only as advised.
- Tenderness and mild swelling should improve.
- Exercise may return gradually in many patients.
- Keep your follow-up date.

Patient action note

1 week

Share at consultation

Return to retinoids or acids only as advised.

Clarify with physician

Week one is too early to measure the final result.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Patience

Week one is too early to measure the final result.

Weeks two to four

Early tightening may become noticeable.

2-4 weeks

Early tightening may become noticeable.

Between weeks two and four, some patients begin to notice firmer tissue, a clearer jawline or mild neck improvement. Others respond later.

Consistency matters. Sun damage, smoking, poor sleep and rapid weight change can affect skin quality.

Key points

- Expect gradual change.
- Compare photos in the same light.
- Do not rush into another treatment.
- Avoid intense combinations unless recommended.

Patient action note

2-4 weeks

Share at consultation

Expect gradual change.

Clarify with physician

Early improvement is encouraging, but it is not the final outcome.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Assessment

Early improvement is encouraging, but it is not the final outcome.

Months two to three

A more meaningful assessment period.

2-3 months

A more meaningful assessment period.

The most useful HIFU assessment is often around months two to three. As tissue remodeling matures, firmness and contour may become clearer.

Control photos, your perception and the physician's examination are interpreted together.

Key points

- Evaluate from several angles.
- Record weight change and sleep patterns.
- Discuss skincare or combination options if needed.
- Avoid unnecessary repeat treatments.

Patient action note

2-3 months

Share at consultation

Evaluate from several angles.

Clarify with physician

A two-to-three-month review is one of the most useful visits for judging response.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Follow-up value

A two-to-three-month review is one of the most useful visits for judging response.

Months four to six

Interpreting a more mature result.

4-6 months

Interpreting a more mature result.

By months four to six, the result can be interpreted more maturely. For some patients this is the best time for photo comparison.

If response is limited, the reason may be candidacy, tissue quality, degree of laxity or need for a different treatment - not necessarily a failed procedure.

Key points

- The goal is a natural-looking result.
- Volume loss may require a different strategy.
- Advanced laxity may need surgical opinion.
- Maintenance is individualized.

Patient action note

4-6 months

Share at consultation

The goal is a natural-looking result.

Clarify with physician

HIFU should not be judged as 'worked or failed' immediately after treatment.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Mature result

HIFU should not be judged as 'worked or failed' immediately after treatment.

Twelve to eighteen months

Duration depends on biology and lifestyle.

Maintenance

Duration depends on biology and lifestyle.

How long HIFU benefit lasts varies with age, skin quality, sun damage, weight change, smoking, hormones and skincare. Repeat treatment should be based on assessment, not the calendar alone.

Some patients may consider annual maintenance; others may need longer intervals. The aim is the right treatment at the right time.

Key points

- Follow-up decisions require examination.
- Sun protection supports long-term skin quality.
- Weight fluctuation affects facial contour.
- New concerns should be assessed first.

Patient action note

Maintenance

Share at consultation

Follow-up decisions require examination.

Clarify with physician

Routine review does not mean automatic repeat treatment.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Maintenance principle

Routine review does not mean automatic repeat treatment.

Sun and heat management

Protecting the barrier protects comfort.

Sun

Protecting the barrier protects comfort.

After HIFU, sun protection matters not only for pigmentation but also for comfort and skin quality. Excess heat from sauna, steam rooms or tanning beds may increase sensitivity early on.

Sunscreen and active skincare return should be tailored to skin type.

Key points

- Avoid excess heat in the first days.
- Use broad-spectrum sun protection outdoors.
- Report sunburn.
- Pigment-prone skin needs careful follow-up.

Patient action note

Sun

Share at consultation

Avoid excess heat in the first days.

Clarify with physician

If the skin feels hot or sensitive, do not add more heat.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Simple rule

If the skin feels hot or sensitive, do not add more heat.

Makeup and skincare

Fewer, correct products are safer.

Skincare

Fewer, correct products are safer.

Makeup and skincare after treatment depend on skin sensitivity. If redness is present, resting the skin may be more comfortable. Return to active ingredients according to the physician's advice.

Retinoids, acids, peels and heavy massage may increase sensitivity in some patients.

Key points

- Use a gentle cleanser and barrier-supporting moisturizer.
- Do not test new products in the first few days.
- Keep makeup brushes clean.
- Stop products that cause burning or rash and ask the clinic.

Patient action note

Skincare

Share at consultation

Use a gentle cleanser and barrier-supporting moisturizer.

Clarify with physician

More products do not mean better healing.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Product safety

More products do not mean better healing.

Exercise, massage and daily activity

Return should be gradual and symptom-based.

Activity

Return should be gradual and symptom-based.

Most patients return to daily tasks quickly. Intense exercise, sauna, hot yoga, facial massage or pressure may increase early sensitivity.

Return to exercise should depend on tolerance. If severe pain, swelling or redness is present, postpone intense activity.

Key points

- Avoid intense exercise during the first 24 hours in most cases.
- Wait for physician advice before facial massage.
- Cleanse gently after sweating.
- Reduce activity if symptoms increase.

Patient action note

Activity

Share at consultation

Avoid intense exercise during the first 24 hours in most cases.

Clarify with physician

Your tissue response matters more than a fixed timetable.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Activity principle

Your tissue response matters more than a fixed timetable.

Nutrition, sleep and healing

Skin response is connected to general health.

Lifestyle

Skin response is connected to general health.

No special diet is required after HIFU, but adequate protein, hydration, sleep and avoiding smoking support general skin quality.

Supplements should not be used with miracle expectations. They may interact with medications or conditions, so discuss them if relevant.

Key points

- Hydration and balanced meals support well-being.
- Poor sleep can increase swelling and stress perception.
- Smoking can worsen skin quality.
- Share supplement use with the physician.

Patient action note

Lifestyle

Share at consultation

Hydration and balanced meals support well-being.

Clarify with physician

Lifestyle does not replace HIFU, but it influences the skin environment.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Realistic support

Lifestyle does not replace HIFU, but it influences the skin environment.

Expected minor symptoms

Mild temporary findings can happen.

Normal

Mild temporary findings can happen.

Mild redness, warmth, touch tenderness, tightness, mild swelling or brief tingling can occur. These are usually temporary.

A normal symptom generally improves and does not affect your overall condition. Worsening or strongly one-sided symptoms need review.

Key points

- Mild redness is usually short-lived.
- Touch tenderness may last several days.
- A tight feeling may occur early.
- Ask the clinic if symptoms do not improve.

Patient action note

Normal

Share at consultation

Mild redness is usually short-lived.

Clarify with physician

Is the symptom improving or worsening? That is one of the most important follow-up questions.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

How to tell

Is the symptom improving or worsening? That is one of the most important follow-up questions.

Symptoms that need prompt assessment

Contact the clinic instead of waiting.

Urgent

Contact the clinic instead of waiting.

Some symptoms are uncommon but important. Blistering, severe increasing pain, obvious one-sided weakness, signs of infection, rapidly increasing swelling or unusual color change require contact with the clinic.

In urgent situations, calling is better than waiting for a message reply.

Key points

- Severe or increasing pain.
- Blisters, wounds, crusting or burn-like appearance.
- Fever, pus, bad odor or spreading redness.
- Facial weakness, numbness or marked asymmetry.

Patient action note

Urgent

Share at consultation

Severe or increasing pain.

Clarify with physician

For sudden neurological symptoms, breathing difficulty, widespread allergic reaction or serious infection concern, seek emergency medical care.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Urgent note

For sudden neurological symptoms, breathing difficulty, widespread allergic reaction or serious infection concern, seek emergency medical care.

HIFU versus RF microneedling

Energy devices are not interchangeable.

Compare

Energy devices are not interchangeable.

HIFU is considered for deeper tightening goals with focused ultrasound, while RF microneedling may play a different role for dermal quality, pores, selected scars and superficial laxity.

Energy devices are medical procedures. RF microneedling has reported serious complications such as burns, scarring, fat loss and nerve damage, so candidacy and provider selection matter.

Key points

- HIFU does not use needles.
- RF microneedling combines needles with heat.
- If combined, sequence and interval are physician-led.
- Doing everything on the same day is not always safe.

Patient action note

Compare

Share at consultation

HIFU does not use needles.

Clarify with physician

More technology is not automatically better; the right technology must match the right patient.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Device safety

More technology is not automatically better; the right technology must match the right patient.

Filler, botulinum toxin and HIFU timing

Combination plans require sequencing.

Combination

Combination plans require sequencing.

HIFU does not serve the same purpose as filler or botulinum toxin. Filler addresses volume, botulinum toxin addresses muscle activity, and HIFU addresses energy-based tightening goals.

Combination planning starts with identifying the dominant concern. Timing depends on area, product, prior treatment and safety boundaries.

Key points

- Tell the physician when and where filler was placed.
- Botulinum toxin can affect facial dynamics during assessment.
- Very close timing in the same area may not be recommended.
- Combination decisions require examination.

Patient action note

Combination

Share at consultation

Tell the physician when and where filler was placed.

Clarify with physician

Combination therapy can be valuable, but unplanned stacking increases risk and disappointment.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Sequencing

Combination therapy can be valuable, but unplanned stacking increases risk and disappointment.

Dental treatment and facial procedures

Recent dental work should be disclosed.

Dental

Recent dental work should be disclosed.

Dental extraction, implants, infection, abscess, root canal treatment or major dental procedures can affect facial aesthetic planning. Although HIFU is not an injection, infection and inflammation information matters.

If pain or swelling is present near the treatment field, inform the clinic before the appointment.

Key points

- Report recent dental infection.
- Active oral or dental infection may postpone treatment.
- Disclose dental implants or metal where relevant.
- List painkillers and antibiotics.

Patient action note

Dental

Share at consultation

Report recent dental infection.

Clarify with physician

Every medical event in the face region can affect energy-device timing.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Safety

Every medical event in the face region can affect energy-device timing.

Cold sore history and skin infection

Active infection can postpone treatment.

Infection

Active infection can postpone treatment.

Cold sore history, active blisters, wounds, impetigo, fungal infection, dermatitis or infected acne may change the plan. The aim is not to apply energy to inflamed or infected skin.

Preventive strategy for cold sores can be discussed according to personal risk.

Key points

- Report active cold sore symptoms before arrival.
- Open or crusted wounds are not treated.
- Skin infection should be treated before energy procedures.
- Do not self-start antibiotics or antivirals.

Patient action note

Infection

Share at consultation

Report active cold sore symptoms before arrival.

Clarify with physician

An active infection is usually not the right time for an aesthetic procedure.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Infection rule

An active infection is usually not the right time for an aesthetic procedure.

Blood thinners and bruising context

Do not stop medication; disclose it.

Medication

Do not stop medication; disclose it.

HIFU is not an injection, but bleeding tendency, bruising risk, painkiller use and possible combination procedures make medication history important. Anticoagulants, aspirin, supplements and chronic disease should be disclosed.

Medication stopping decisions should be made with the physician who prescribed or manages the medication.

Key points

- Report warfarin, DOACs, aspirin or clopidogrel.
- Mention omega-3, ginkgo, St John's wort and similar supplements.
- Do not stop medication on your own.
- Tell the clinic if you bruise easily.

Patient action note

Medication

Share at consultation

Report warfarin, DOACs, aspirin or clopidogrel.

Clarify with physician

Stopping blood thinners without permission can be a greater health risk than the aesthetic procedure.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Medication warning

Stopping blood thinners without permission can be a greater health risk than the aesthetic procedure.

Isotretinoin and skin sensitivity

Barrier and healing context matter.

Isotretinoin

Barrier and healing context matter.

Isotretinoin and similar acne treatments can affect dryness, sensitivity and healing behavior. Dose, duration and end date should be discussed during planning.

It is not automatically a universal ban for every patient, but if the skin barrier is weak or irritated, postponement may be safer.

Key points

- Disclose isotretinoin use.
- Dryness, cracking or irritation require review.
- You may be asked to avoid aggressive skincare.
- Share dermatology follow-up information.

Patient action note

Isotretinoin

Share at consultation

Disclose isotretinoin use.

Clarify with physician

Energy applied to already sensitive skin can make comfort and recovery harder.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Barrier safety

Energy applied to already sensitive skin can make comfort and recovery harder.

Immunosuppression and infection risk

Follow-up planning may need extra care.

Immune

Follow-up planning may need extra care.

In immunosuppressed patients, infection risk, healing speed and skin reactions may differ. Corticosteroids, biologics, chemotherapy, transplant medication and chronic disease should be disclosed.

This does not always mean treatment is impossible, but risk assessment is more careful and another specialist's input may be needed.

Key points

- List immunosuppressive medication.
- Active infection may postpone treatment.
- Report fever or systemic symptoms.
- Clarify follow-up and contact plans.

Patient action note

Immune

Share at consultation

List immunosuppressive medication.

Clarify with physician

Some aesthetic plans should be coordinated with the specialist who follows your condition.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Medical coordination

Some aesthetic plans should be coordinated with the specialist who follows your condition.

Patients with travel plans

Flights and follow-up should be planned in advance.

Travel

Flights and follow-up should be planned in advance.

HIFU usually has low social downtime, but immediate long travel may not be ideal because tenderness or unexpected reactions can occur.

For international patients, follow-up, communication and what to do in urgent situations should be clarified before treatment.

Key points

- Tell the physician if you plan a long flight the same day.
- Leave enough time before important events.
- Consider travel insurance and medical access.
- Understand the limits of photo-based follow-up.

Patient action note

Travel

Share at consultation

Tell the physician if you plan a long flight the same day.

Clarify with physician

Low downtime does not remove the need for accessible follow-up.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Travel note

Low downtime does not remove the need for accessible follow-up.

Follow-up visit

It evaluates the process, not only the result.

Follow-up

It evaluates the process, not only the result.

A follow-up visit is not just a satisfaction check. The physician reviews tissue response, tenderness, photo comparison, skincare adherence and whether another step is needed.

Because HIFU develops gradually, early follow-up should be interpreted patiently. Additional procedures should not be rushed.

Key points

- Write down questions and noticed changes.
- Comparable photos can help.
- If you had side effects, record timing and course.
- Next steps are based on assessment.

Patient action note

Follow-up

Share at consultation

Write down questions and noticed changes.

Clarify with physician

Good follow-up is as important as good treatment.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Follow-up quality

Good follow-up is as important as good treatment.

Why results vary

Biology is not a standard machine output.

Variability

Biology is not a standard machine output.

The same device and similar protocol can produce different outcomes. Age, skin thickness, elasticity, fat distribution, bone structure, hormones, sun damage, smoking and skincare all contribute.

For that reason, honest communication is more valuable than result-certainty language.

Key points

- Starting laxity affects response.
- Skin quality and collagen response are individual.
- Weight change can alter facial contour.
- Realistic goals improve satisfaction.

Patient action note

Variability

Share at consultation

Starting laxity affects response.

Clarify with physician

Medical aesthetics cannot promise certain results; benefits and risks are discussed for the individual candidate.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

No certainty promise

Medical aesthetics cannot promise certain results; benefits and risks are discussed for the individual candidate.

Common HIFU questions

Short practical answers.

FAQ

Short practical answers.

The most common questions involve pain, return to routine, when results appear and which symptoms are normal. Answers may vary with personal circumstances.

Use this page as a short guide, then ask the clinic about your specific situation.

Key points

- When can I work? Many patients return the same day.
- When are results visible? Often over weeks, maturing over months.
- Will I bruise? HIFU is not an injection, but tenderness can occur.
- Do I need repeat treatment? Decide by assessment, not automatically.

Patient action note

FAQ

Share at consultation

When can I work? Many patients return the same day.

Clarify with physician

If uncertain about a symptom, sharing it with the clinic is safer than searching online.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Short answer

If uncertain about a symptom, sharing it with the clinic is safer than searching online.

Patient checklist

Bring this to your appointment.

Checklist

Bring this to your appointment.

A checklist reduces forgotten details and makes consultation more efficient. Medications, prior procedures and health changes are especially important for planning. You can keep the list on your phone or print it.

Key points

- All medications and supplements.
- Prior aesthetic procedures and dates.
- Allergy, cold sore, keloid and healing history.
- Pregnancy, breastfeeding or planned surgery.
- Major events, travel and follow-up availability.

Patient action note

Checklist

Share at consultation

All medications and supplements.

Clarify with physician

A detail that feels irrelevant to you may be clinically important.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Checklist rule

A detail that feels irrelevant to you may be clinically important.

Ten questions to ask

Good patient questions improve decisions.

Questions

Good patient questions improve decisions.

Asking the right questions before HIFU helps you make a safe and realistic decision. Your questions reveal how the treatment plan is being reasoned. Answers should be clear, measured and based on your examination.

Key points

- Is my degree of laxity suitable for HIFU?
- Do I need surgical assessment?
- Which areas are priorities?
- When should I expect results?
- Which symptoms should trigger contact?
- When is follow-up?
- Do I need a combination plan?
- Do my medications or history change the plan?
- If I am leaving Istanbul, what follow-up is safe?
- When would postponing be safer than treating today?

Patient action note

Questions

Share at consultation

Is my degree of laxity suitable for HIFU?

Clarify with physician

The best plan is one the patient understands and finds realistic.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Decision quality

The best plan is one the patient understands and finds realistic.

Clinic contact plan

Know how to act if symptoms occur.

Contact

Know how to act if symptoms occur.

Before leaving, understand how to reach the clinic, what to do after hours and which symptoms are expected versus concerning.

Photos can help in some situations, but they do not replace in-person medical assessment.

Key points

- Save phone and WhatsApp details.
- Record symptom start time.
- Take clear photos in the same light.
- For serious symptoms, do not wait only for message replies.

Patient action note

Contact

Share at consultation

Save phone and WhatsApp details.

Clarify with physician

For severe symptoms, neurological signs or allergic reaction concern, seek emergency medical care.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Contact

For severe symptoms, neurological signs or allergic reaction concern, seek emergency medical care.

Short timeline

What to expect and when.

Timeline

What to expect and when.

HIFU is not a one-day completed result. This timeline gives a general framework; your personal course may differ.

Every follow-up should be interpreted with your starting point and goals in mind.

Key points

- 0-24 hours: redness, tenderness or warmth may occur.
- 2-7 days: tenderness settles, routine continues.
- 2-4 weeks: early firmness may appear.
- 2-3 months: more meaningful assessment.
- 4-6 months: result can be interpreted more maturely.

Patient action note

Timeline

Share at consultation

0-24 hours: redness, tenderness or warmth may occur.

Clarify with physician

Patience early and objective review later are both important.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Timing

Patience early and objective review later are both important.

References and reading notes

The evidence frame behind this guide.

Sources

The evidence frame behind this guide.

This guide was prepared with attention to regulatory information on focused ultrasound devices, clinical literature on HIFU skin tightening, energy-device safety communications and Dr. Hamza Gemici's patient-safety approach.

References support education; they do not replace personal indication assessment.

Key points

- FDA - Focused Ultrasound Stimulator System for Aesthetic Use, Class II Special Controls Guidance.
- PubMed - systematic reviews on HIFU for skin tightening and face-neck rejuvenation.
- FDA - Potential risks with certain uses of radiofrequency microneedling safety communication.
- drhamzagemici.com - HIFU, RF microneedling, candidacy and safety pages.

Patient action note

Sources

Share at consultation

FDA - Focused Ultrasound Stimulator System for Aesthetic Use, Class II Special Controls Guidance.

Clarify with physician

Citing sources is a transparency tool, not a result-certainty promise.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Reference principle

Citing sources is a transparency tool, not a result-certainty promise.

Dr. Hamza Gemici clinic note

Patient safety and candidacy come first.

Clinic

Patient safety and candidacy come first.

Dr. Hamza Gemici is a medical aesthetics physician in Ataşehir, Istanbul, focused on non-surgical aesthetic medicine. HIFU planning is based on facial anatomy, medical history, expectations and follow-up access.

This document helps patients arrive better informed. Personal decisions are made after in-person physician assessment.

Key points

- Address: Atatürk Mah. Turgut Özal Bulv. Gardenya 4-2 No:6-A D:2, Ataşehir, Istanbul.
- Phone and WhatsApp: +90 532 344 82 16.
- Website: drhamzagemici.com.
- For urgent symptoms, seek medical help promptly.

Patient action note

Clinic

Share at consultation

Address: Atatürk Mah. Turgut Özal Bulv.
Gardenya 4-2 No:6-A D:2, Ataşehir,
Istanbul.

Clarify with physician

HIFU should be considered for the right patient, with the right expectation and the right follow-up plan.

1

Read

Read before treatment

2

Record

Record medicines and symptoms

3

Ask

Ask unresolved questions

Final note

HIFU should be considered for the right patient, with the right expectation and the right follow-up plan.