

HIGH INTENSITY FOCUSED ULTRASOUND (HIFU)

Last update on May 23rd 2023

PRINCIPLE

In medicine, "open" ultrasounds are used to obtain images, but it is possible, especially in aesthetic dermatology, to "focus" them at a precise point in depth to obtain a heating effect and a coagulation without altering the skin on the surface. The deep coagulation points obtained will induce around them a retraction of the tissues, with a tightening of the skin and a decrease of its slackening in about 3 months. The heat diffused within the dermis during the passage is also the opportunity, as with other lasers or energy-based devices, to stimulate the tissues and the synthesis of new collagen, up to 6 months after treatment.

Focused ultrasounds diffuse through the skin using different applicators, the deepest one can reach 4.5 mm in depth.

In summary, these devices are proposed for the non-surgical treatment of skin slackening, especially the oval of the face and eyelids, they are non-invasive, without any alteration of the epidermis.

CONTRAINDICATIONS

Pregnancy or breast-feeding.

Before the session

No special preparation.

Possible on every skin colors and every regions of the body.

No interaction with the sun, the treatment can take place on a tanned skin or just before sun exposure.

PROGRESS OF THE SESSION

The patient is lying on his back.

A water-based gel is applied to the treated area (as for an ultrasound).

The ultrasound probe is moved millimeter by millimeter to cover the entire area to be treated, previously delimited with a makeup pencil.

According to the patients, the treatment can appear very painful with a localized burning sensation. It is necessary to discuss with your doctor the different alternatives of anesthesia (cream, gas like Kalinox *, subcutaneous injection of Xylocaine ...)

FOLLOW-UP OF THE SESSION

This non-surgical technique does not induce any social eviction: the patient can return to his socio-professional activities at the end of the session.

Many studies have shown that, under normal conditions of use, ultrasounds do not induce any severe complication.

Transient effects have been reported:

- Slight redness that fades in a few hours.
- Edema of the oval of the face for a few days,
- Hypersensitivity or even pain to the touch for a few weeks,

- Linear infiltrated papules (kind of scratches) or even small blisters under the jaw, that resolve in a few days.
- Small (superficial) bruises (less than 10% of cases).
- Transient decrease in sensitivity, particularly on the forehead

RESULTS TO BE EXPECTED

Depending on the device used, one to three sessions are necessary to obtain results that are often visible and lasting for 2 to 5 years on average.

- Tensor effect on the oval of the face with redefinition of the jaw line.
- Raising of the upper eyelid with more open eyes.
- General tightening of the skin sometimes observed.

This information sheet recommended by the French Laser Society can be given to you by your dermatologist. Even if it is not sufficient to have an estimate, it helps to give the patient a clear information.

The information consultation provides clear explanations on expected outcomes, side effects and possible complications. There are not any reimbursement from social security or medical leave for these aesthetic treatments. Prices are mainly based on the area to be treated. The total cost is to be evaluated with the patient and is the subject of a signed quote.

A post-operative order and an advice sheet are given to the patient with the doctor's contact information.



Laser et Peau: **the French-language information site for patients, written by expert dermatologists from the Société Française des Lasers en Dermatologie.**

Everything you need to know about laser treatments, pulsed light, radiofrequency and other techniques for skin care or aesthetic applications.



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