

ANTI-FAT AND ANTI-CELLULITE HIFU

HIFU stands for High Energy Focused Ultrasound, a procedure that breaks up locally accumulated fat. It helps with weight loss (removing accumulated subcutaneous fat and cellulite) and body contouring. The procedure is performed on the chin, lower cheeks, upper arms, thighs, abdomen, above the knees, legs, buttocks, above the hips, or where there is accumulated fat and cellulite that cannot be removed with diet and exercise.

It is recommended to combine it with skin tighteners to keep the skin taut after fat loss.

WHICH HIFU DEVICE DO WE USE?

HIFU Ultraformer III.

HOW IS THE TREATMENT PERFORMED?

The procedure is non-invasive. The skin is lubricated with gel, then the ultrasound (HIFU) probe is moved over the skin; there may be a slight, short-term discomfort.

Fat is broken down locally by the focused action of the ultrasound waves – this fat must be used up through regular exercise and diet. The procedure is suitable for areas where normal weight loss alone is not enough to get rid of fat and cellulite.

HOW MANY REPETITIONS ARE NECESSARY?

For the removal of accumulated fat and cellulite, the treatment can be repeated once or twice a month, while following a reduction diet and engaging in regular physical activity.

THE SUCCESS OF THE PROCEDURE

Fat loss is proportional to the adherence to a reduction diet and calorie consumption; the device helps in removing fat and cellulite from specific areas.

CONTRAINDICATIONS OR FOR WHOM IS THE PROCEDURE NOT SUITABLE?

The procedure is not suitable for children and pregnant women, in case of fresh inflammation in the treated area (bacterial, fungal, herpes), autoimmune diseases, excessive scarring and Bell's palsy.

SIDE EFFECTS AND COMPLICATIONS

Very rarely, bruising, fine lines on the skin, pain to the touch or a feeling of a beaten muscle may occur; the problem subsides within a few days or weeks after the procedure. There are no major complications and HIFU treatment is very safe if the instructions are strictly followed.

POST-PROCEDURE INSTRUCTIONS

Up to two hours after the procedure, the skin is red and the next day, there may be a feeling of tissue fatigue, as after an intense workout. On the day of the procedure, we advise against visiting the sauna; hygiene and care as usual. To burn off the broken fat, you need a weight-reduction diet and at least half an hour of exercise a day.

You can return to work or your daily activities immediately after the procedure.

Prior to the examination, you must also fill out the Informed Consent form together with the doctor as regulated by the Patient Rights Act and the Doctor's Duty to Obtain an Informed Consent. The rules for filling out the form and the statement are presented upon your arrival at our institution.

**PLEASE ASK US ABOUT ANYTHING YOU DID NOT UNDERSTAND IN THIS NOTICE AND WANT
ADDITIONAL EXPLANATION FOR.**

We will take care of your health and well-being to the best of our ability. Thank you for your confidence in us.

Prepared by:

Janja Šmid Vauhnik, MD, Dermatovenerology Specialist