



## Procedure Information Sheet

### Introduction

High Intensity Focused Ultrasound can target various depth of skin and subcutaneous tissue and causes protein denaturation, stimulation of collagen formation and fat cell destruction. Depending on the depth of treatment, it is intended to improve fine lines, tighten and lift skin. When used on the body it causes fat loss and skin tightening simultaneously.

### Before the Operation / Procedure

1. Contraindications: Open wounds, severe acne, dermatitis, keloid, pregnancy, blood clotting disorders, herpes simplex, immunodeficiency, Bell's palsy, epilepsy.
2. Treatment will be avoided over areas with any implants and dermal fillers.
3. Local anaesthesia is generally not required. It will only be used in selected cases.
4. With each delivery of energy from the tip, a brief deep heating sensation and sometimes nerve pain will be felt.
5. There is no guarantee in the degree of improvement and the result varies from person to person.
6. Repeated treatments and combination with other treatment modalities may be required to achieve optimal results.
7. Photographs will be taken before and after treatment.

### After the Operation / Procedure

1. Routine skin care may resume after treatment except in cases of excessive redness, bruising and wound.
2. Mild ache and pain could persist for weeks after treatment.

### Risk and Complication

1. Treated area may appear pain, tingling, itching, skin redness, swelling and bruising, blistering, burns, hypo- or hyperpigmentation, unpredictable scarring, slimming of face, facial asymmetry, nerve damage, muscle weakness.
2. Atrophic scar, hypopigmentation and hyperpigmentation may appear in the treated area. The discoloration may last 1-3 months or longer, depends on your skin type.

### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### Reference

1. Ulfit treatment guide.
2. Ko E J et al. Efficacy and safety of non-invasive body tightening with high-intensity focused ultrasound (HIFU). *Skin Res Technol.* 2017 Nov;23(4):558-562.
3. Fritz K et al. Ways of Noninvasive Facial Skin Tightening and Fat Reduction. *Facial Plast Surg.* 2016 Jun;32(3):276-82.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Patient's Label</b> Patient Name: _____ Hospital No: _____ Episode No: _____
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