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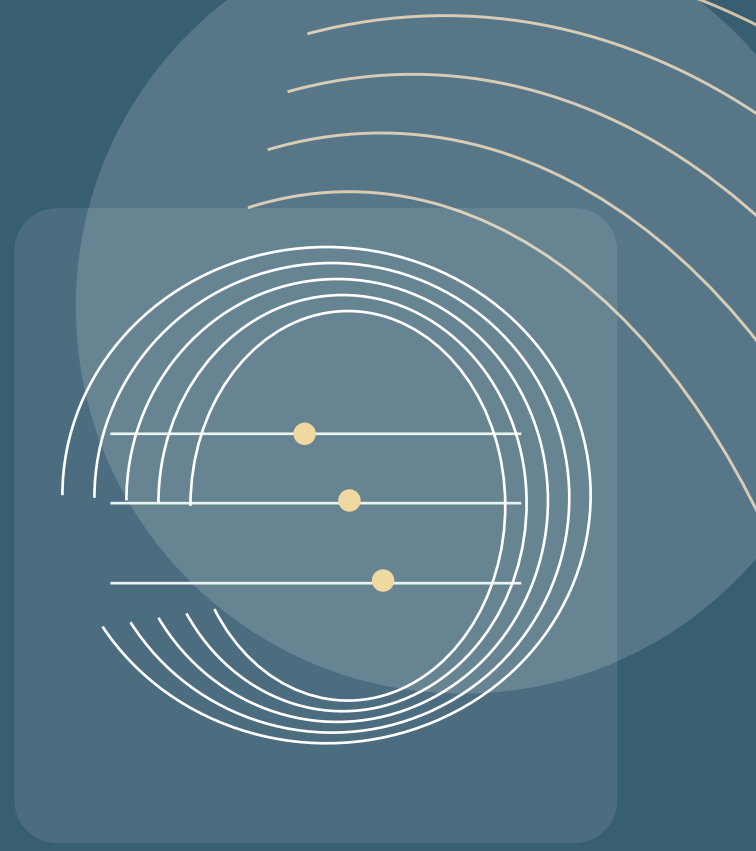
KAL ESTETİK KLİNİK

WHAT TO EXPECT

HIFU Guide

A patient expectation guide for
focused-ultrasound skin tightening

20 pages | English



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MEDICAL INFORMATION NOTE

Gradual tightening starts with proper candidacy

HIFU uses focused ultrasound energy to create controlled heating in deeper tissue layers for noninvasive aesthetic use. It is not a surgical facelift; mild to moderate laxity and gradual collagen response should be discussed realistically.

Medical information note

This PDF is a general patient education guide. It does not replace a personal diagnosis, treatment plan, medication advice, or urgent medical direction. Suitability depends on an in-person assessment, skin analysis, medical history, medications, allergies, pregnancy or breastfeeding status, and expectations.

How to use this guide

- Mark the questions you want to discuss before your appointment.
- List medications, supplements, allergies, and previous procedures.
- Read the before, during, and after pages as separate checkpoints.
- For unexpected symptoms, contact the clinic or urgent medical care instead of relying on this PDF.

At a Glance

This guide explains HIFU through candidacy, depth planning, and patient follow-up rather than dramatic single-session claims.

Before

Skin thickness, laxity severity, facial volume, previous filler or energy treatments, and pain tolerance are reviewed.

During

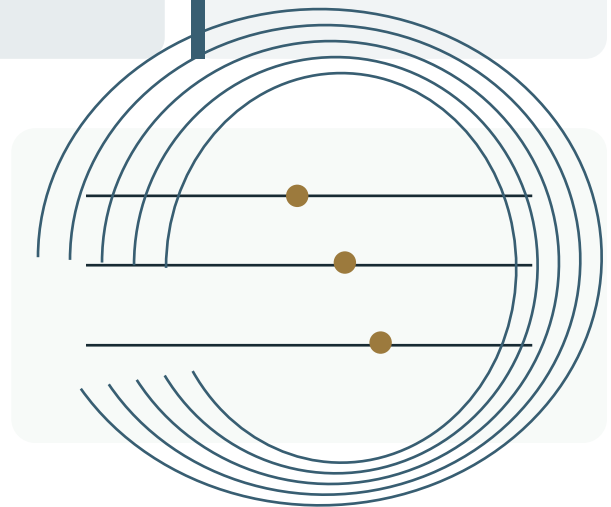
The skin is marked, gel is applied, and focused ultrasound pulses are delivered at planned depths.

After

Redness, tenderness, or jawline soreness can occur. Burns, nerve symptoms, or severe pain should be reported promptly.

Core idea

HIFU results develop gradually; patient selection, realistic goals, and device safety are central.



Suitability conversation

This page helps separate a well-timed treatment conversation from a plan that needs more review first.

Suitability conversation

- Discussing mild to moderate laxity as a nonsurgical option.
- Seeking gradual, natural-feeling firmness rather than sudden lifting.
- Correcting the expectation that one session can replace surgery.
- Reviewing tightening versus volume loss when the face looks hollow.
- Asking about device, depth, and operator experience for energy-based care.

Pause or review first

- Loose skin is significant enough to need surgical assessment.
- There is active infection, open skin, intense inflammation, or special implants in the area.
- Facial volume loss is prominent and more tightening could look tiring.
- Recent filler, threads, laser, or energy treatment timing is unclear.
- Pain tolerance is low and comfort planning has not been discussed.

Before: Preparation Map

Personal instructions are confirmed during assessment. This framework helps you prepare for the appointment in an organized way.

2 weeks before

- Write down previous filler, thread, laser, RF, or HIFU dates.
- Report active infection, cold sores, or dermatitis.
- Discuss volume-versus-tightening balance if the face looks hollow.

1 week before

- Avoid irritating intensive skin treatments.
- Ask about pain control and comfort strategy.
- Leave social-calendar room for tenderness or mild swelling.

24 hours before

- Arrive with clean, comfortable skin.
- Adjust plans for heat exposure and intense exercise afterward.
- Ask again about the expected result timeline.

Printable checklist

Designed to print and bring to your appointment. Medication and skin-care instructions must be personalized by your clinician.

- I wrote down previous filler, thread, laser, RF, and HIFU procedures.
- I will ask whether laxity or volume loss is my main issue.
- I will ask about device name, depths, and target areas.
- I will clarify pain management and comfort planning.
- I checked for active infection, open skin, or skin disease.
- I left room in my calendar for redness and tenderness.
- I noted that results are reviewed over weeks to months.
- I will ask about early contact for nerve symptoms, burns, or severe pain.
- I understand that surgical-level laxity may not be corrected with HIFU.

My notes

Procedure day flow

Facial laxity, skin thickness, and volume balance are assessed.

Target areas are marked and treatment depth is planned.

Ultrasound gel is applied and pulse lines are created.

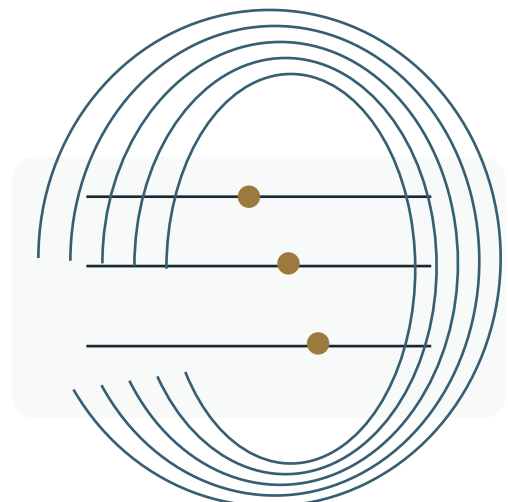
Pulses can feel deep, hot, prickly, or electric.

Bony areas and the jawline can be more sensitive.

The skin is checked afterward and the follow-up timeline is reviewed.

Appointment rhythm

Early results should not be overinterpreted because collagen response takes time.



What It May Feel Like

Knowing what to report during the procedure is as important as knowing what sensations are common. Individual pain threshold and treatment area matter.

During

- Deep heat, tingling, prickling, or sensitivity toward the jaw or teeth can occur.
- Short pauses may be needed; you should report comfort level.
- Touch tenderness can last for several days.
- Burning, persistent numbness, or facial weakness is not routine.
- Comfort planning is personal; the treatment does not have to feel painless.

Say it immediately

Speak up immediately about sharp, escalating, or focal pain; burning; vision symptoms; dizziness; breathing or swallowing difficulty; or any unusual sensation.

After: First 24 Hours

The first day is about keeping the treatment area calm and recognizing unusual symptoms early.

01

Keep skin gentle; avoid hot showers, sauna, and intense exercise.

02

Mild redness or tenderness can be expected.

03

Report worsening pain, numbness, or burning.

04

Do not restart aggressive active skin care immediately.

05

Avoid forceful facial massage or pressure.

06

Do not judge results the same day; collagen response takes time.

Recovery and Result Window

0-24 hours

Redness, tenderness, mild swelling, or jawline soreness can occur.

1 week

Touch tenderness usually improves; some tightness may remain.

4-8 weeks

A gradual firming sensation may begin to be assessed.

2-3 months

Collagen response can be reviewed more meaningfully with photos.

3-6 months

Outcome varies with skin structure and laxity severity.

Expected or Needs Review?

Expected

- Temporary redness
- Touch tenderness
- Mild swelling
- Jawline soreness
- Gradual, slow result

Prompt care

- Burn, blistering, or open skin
- Persistent numbness, facial weakness, or asymmetry
- Severe or worsening pain
- Rapid swelling or infection signs
- Unusual vision, speech, or swallowing symptoms

Status

If unsure, take a photo, note the time, and use the clinic contact channel.

Safety Questions

A safe process is not only about a product or device; it also depends on patient selection, documentation, sterile setup, follow-up, and a complication plan.

- I shared medications, supplements, allergies, and previous procedures.
- I disclosed pregnancy, breastfeeding, active infection, cold sores, or a new skin reaction.
- I asked for the product or device name, source, and why it is suitable for me.
- I asked about sterile setup, single-use materials, and aftercare contact.
- Follow-up timing and early warning signs are clear.
- I shared upcoming travel, major events, or intense exercise plans.
- I understand that urgent symptoms should not be watched at home.
- Are treatment depths and safety protocol planned for my target areas?
- Is there any finding or risk today that should make us postpone treatment?
- Will product/device, lot/serial, dose/energy, and treatment map be documented in my file?
- Which symptom requires same-day clinic contact, and which requires urgent medical care?

Daily Routine and Lifestyle

Skin routine

- Protect the skin from heat and irritation on the first day.
- Continue sunscreen and barrier care.
- If volume loss is significant, discuss a full-face plan rather than more tightening.
- Track pain or numbness day by day.

Lifestyle rhythm

- Protein intake, sleep, and smoking can influence skin quality.
- Review results at the planned photo follow-up, not immediately.

Reminder

Sun protection, barrier repair, and consistent follow-up strongly influence the quality of many aesthetic plans.

Results and Maintenance Plan

Expectation

- HIFU is not a surgical facelift; it is more realistic for mild to moderate laxity.
- Results develop slowly and depend on individual collagen response.
- In hollow faces, excessive tightening may look more tired.
- Device, depth, and operator experience matter for safety.

Planning language

- If filler is needed, volume and tightening sequence should be personalized.
- Botulinum toxin may address expression lines while HIFU targets laxity.
- Aggressive stacking with RF or laser is not suitable for every patient.
- Skin-quality treatments may be discussed separately.
- With significant loose skin, surgical opinion may be more honest.
- Repeat timing should be based on tissue response, not only convenience.

Combinations and Alternatives

Rather than pushing one treatment too far, smaller staged steps can look more controlled. Combinations do not always need to happen on the same day.

1

- If filler is needed, volume and tightening sequence should be personalized.
- Botulinum toxin may address expression lines while HIFU targets laxity.

2

- Aggressive stacking with RF or laser is not suitable for every patient.
- Skin-quality treatments may be discussed separately.

3

- With significant loose skin, surgical opinion may be more honest.
- Repeat timing should be based on tissue response, not only convenience.

Boundary

No treatment is suitable for everyone. Deciding not to treat can also be the medically sound decision.

Physician Review and Consultation Notes

Physician review area

- Medical accuracy and treatment boundaries checked.
- Patient-safety warnings match clinic protocol.
- Product/device wording matches current use and regulatory status.
- It is clear that personal instructions are given during assessment.

Questions to ask

- Is my laxity realistic for HIFU, or should we discuss another option?
- Which device, depths, and areas are planned?
- Could my volume loss make HIFU look tiring?
- How will comfort be managed?
- When will we evaluate photos?

Publication status

Status: physician-review ready draft. Before publication, Dr. Murat Toktamışoğlu should sign off on clinic protocol, product/device names, and personal-instruction language.

Physician signature

Date

Version note

My notes

Printable checklist

Before

- No active infection, wound, or sunburn.
- Medicines and supplements listed.
- Allergies and past procedures noted.
- Pregnancy or breastfeeding disclosed.
- Product or device name will be asked.
- Calendar allows recovery time.
- Photo and follow-up plan will be asked.
- Urgent contact channel is saved.
- Personal instructions will be written.
- Goals and limits are clear.

During

- Area is cleansed.
- Target areas are confirmed.
- Sterile single-use materials are visible.
- Pain, burning, or vision symptoms will be reported.
- Product or device details are documented.
- Comfort pauses can be requested.
- Color, pain, and swelling are monitored.
- No rushed add-on treatment.
- Home instructions will be reviewed.
- Follow-up date will be asked.

After

- Do not rub the area.
- Delay heat exposure and intense exercise.
- Makeup and skin-care timing is clear.
- Track swelling and redness with photos.
- Do not pick crusts or injection marks.
- Mild bruising can be temporary.
- Worsening pain will not be watched.
- Color change will be reported promptly.
- Breathing, swallowing, or vision symptoms are urgent.
- Follow-up appointment is kept.

Follow-up detail

Follow-up timing, photo monitoring, and early contact symptoms should be clear before you leave.

Aftercare Tracker

Date	Redness/swelling	Pain/tenderness	Note
Day 0			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			

Early contact

- Burn, blistering, or open skin
- Persistent numbness, facial weakness, or asymmetry
- Severe or worsening pain
- Rapid swelling or infection signs

Questions to ask

Questions to ask

- Is my laxity realistic for HIFU, or should we discuss another option?
- Which device, depths, and areas are planned?
- Could my volume loss make HIFU look tiring?
- How will comfort be managed?
- When will we evaluate photos?
- What is your urgent plan for burns or nerve symptoms?

Short glossary

- HIFU: High-intensity focused ultrasound.
- Collagen: A family of proteins that helps support skin structure.
- Laxity: Loose or less firm skin.
- Treatment depth: The tissue level targeted by ultrasound energy.

Final note

This list is meant to improve the appointment conversation; personal decisions require assessment and medical judgment.

SOURCES AND READING NOTES

Informed decisions, measured plans.

Sources were used to check patient-safety framing, pre-procedure discussion points, and recovery language.

1

American Society for Dermatologic Surgery

Ultrasound Therapy for Sagging Skin

Used for focused-ultrasound laxity treatment framing.

<https://www.asds.net/skin-experts/skin-treatments/ultrasound-therapy-for-sagging-skin>

2

U.S. Food and Drug Administration

Focused Ultrasound Stimulator System for Aesthetic Use

Used for focused-ultrasound device safety and risk classification.

<https://www.fda.gov/medical-devices/guidance-documents-medical-devices-and-radiation-emitting-products/focused-ultrasound-stimulator-system-aesthetic-use-class-ii-special-controls-guidance-industry-and>

Approval workflow

Physician signoff is required before clinic use.

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