

FOCUS DUAL PRE & POST CARE



The 'Focus Dual' from Lynton is the ultimate 'Lunch Time Facelift'. Combining the latest in HIFU technology and Radio Frequency microneedling - it tightens, lifts, and refines!

You will be emailed a detailed explanation of your post care procedure before your appointment and your artist will also verbally explain it to you during your appointment.

Pre Treatment Advice

- Please avoid alcohol 24h before your treatment.
- Avoid cigarettes/vapes for at least 4h before but ideally longer!
- Please ensure there is no fake tan in the treatment area.
- Avoid sun and sun-beds for 4 weeks before your treatment. We can't treat over sunburn or active tan.
- Please do not take painkillers as these can cause bleeding & increase bruising.
- Please discontinue any blood thinning medications. Please consult your GP before changing any prescribed medications.
- Ensure you are well hydrated.
- Dress appropriately so we can access the treatment area without you getting too cold or hot. Ensure that nothing will rub the treatment area.
- Please avoid physical activity the day of your treatment to allow your body & resting heart rate to be relaxed.
- Please ensure there is no makeup in the area to be treated.
- Please be aware that Radio Frequency Microneedling may be uncomfortable. If you feel like you may require numbing cream, this can be obtained from your local pharmacist and should be applied 30-45mins before your appointment, or as instructed.

Post Treatment Advice

- Avoid exfoliating the skin and acid based products for one week.
- Avoid heat treatments eg sauna very hot baths showers, exercise etc for 3 days.
- Avoid makeup on the area for 24h and keep it clean.
- Avoid sun exposure for 2 weeks and apply spf 50 daily.
- Do not pick at any scabbing or dryness that may arise after the Radio Frequency Microneedling.
- Gentle cleanse and moisturise the area the night of the treatment, then return to your usual routine (bar acids for 7 days)

FOCUS DUAL POST TREATMENT



Possible side effects

Radio Frequency

- Light flaking of the skin can occur, please do not pick or peel this skin, and allow it to come away naturally.
- You may have multiple tiny 'scabs' that may or may not be visible, but may feel rough. This is normal and they will heal when left alone and not picked. Allow it to come away naturally without the encouragement from abrasive materials or exfoliants.
- Post treatment erythema is to be expected and generally subsides in 1-2 days.

HIFU

- Numbness can occur following for up to 48h.
- Mild reactions such as redness, soreness, swelling and tenderness sensitivity and tingling are common for the first 1-2 days and can last up to 7 days.
- Occasionally post inflammatory pigmentation can occur, more so in darker skinned clients, please allow this to heal naturally over time.
- Generally you won't see anything different in your skin or appearance immediately after.

Other more uncommon side effects include infection, pigmentation changes, erythema, burning/blistering, folliculitis, welts, nerve effects, undesirable volume loss. Please contact your technician if you suspect you're experiencing any of these.

Number of treatments

HIFU: 1-3 treatments recommended for best results. Minimum 3 weeks apart with the 3rd a minimum of 12 weeks apart. Maintenance appointments are needed for best long term results.
Radio Frequency: 3-6 treatments recommended for best results. Recommended 4 weeks apart (3weeks minimum). For body a minimum of 3 is recommended.

For both treatments, maintenance appointments are advised for best long term results.

These treatments do not give 'Instant' results - results are seen over time, generally peaking about 12 weeks post treatment.