Classys

SHRINK UNIVERSE

Maximization of Lifting, Tightening, and Countouring Effects Through Optimal Parameters and Technique



Dr. Mathelda Weni(Charlene Clinic)



SHRINK UNIVERSE is a HIFU-based designed to deliver thermal energy precisely to targeted tissue layers, enabling effective lifting and tightening without surgery. To maximize these outcomes, however, multiple treatment variables including the selection of MP (Micro Pulse) or Normal mode, energy settings, cartridge depth, and shot distribution must be carefully optimized in combination. Recent clinical studies and practical experience suggest that fine tuning these parameters according to each patient's anatomical characteristics can play a critical role in improving skin laxity and achieving effective fat reduction.

The Importance of Customized HIFU Parameters

A standardized HIFU protocol is not sufficient for every patients. Treatment parameters such as energy level, treatment depth, and number of shots should be individually adjusted according to the skin thickness, fat layer, and distribution of fibrous tissue in each treatment area. For example, areas with relatively dense fibrous tissue, such as the lower face and jawline, may benefit from the use of a 4.5 mm cartridge with relatively higher energy settings. In contrast, thinner and more sensitive areas, including the forehead and periorbital region, should be treated at shallower depths and lower energy levels to maintain safety.

An experienced practitioner should first assess the patient's skin thickness, degree of laxity, and fat distribution, and then precisely target the optimal tissue layer for energy delivery in each area. If the delivered energy is too low, treatment efficacy may be insufficient. Conversely, excessive energy or overly deep treatment may result in tissue injury or transient nerve stimulation. In one clinical case, excessive energy delivered to the jawline was associated with transient mandibular nerve palsy, highlighting the importance of using moderate energy settings to reduce this risk.

The number and distribution of shots are also important. For full face treatment, approximately 400–500 shots may be appropriate, with shots distributed evenly in a grid-like pattern. This approach promotes uniform thermal distribution, helping to maintain safety while maximizing lifting outcomes. A study published in 2019 reported improvement in lifting outcomes in all patients treated with 400–500 shots at depths of 3.0 mm and 4.5 mm, with 86.7% of patients reporting satisfaction with improvement in the jawline at 3 months after treatment.

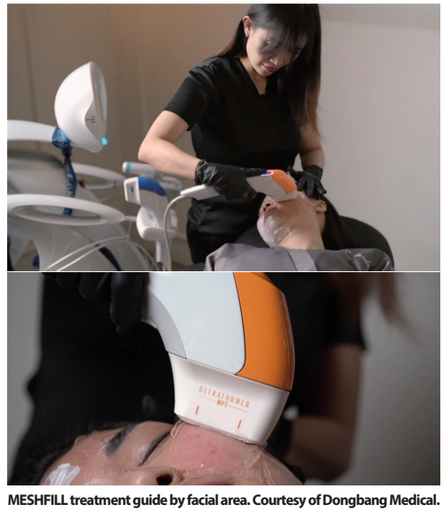
Synergy Between MP and Normal Mode

Balancing Skin Tightening and Fat Reduction

One of the key advantages of SHRINK UNIVERSE is its ability to combine MP and Normal modes, allowing treatment to be flexibly tailored to different clinical needs. Normal mode creates discrete thermal coagulation points that promote collagen contraction and remodeling, making it suitable for deeper lifting and tightening. In contrast, MP mode delivers energy through a series of micro-pulses, producing a broader and more diffuse thermal distribution that can effectively target the subcutaneous fat layer. Using both modes within a single treatment session may enable simultaneous improvement in skin laxity and reduction of subcutaneous fat. Normal mode targets the SMAS and dermal layers to promote lifting and tightening, whereas MP mode delivers thermal energy to the subcutaneous fat layer, contributing to adipocyte reduction and decreased tissue volume. Histological analyses have also demonstrated a reduction in adipocyte density together with increased collagen and elastin fibers in treated areas. In a 2025 clinical study, 70.6% of patients reported satisfaction with improvements in facial contouring and skin tightening.

Targeting the Nasolabial and Jawline Fat pads

The nasolabial fat pad in the central cheek and the fat pads along the jawline are among the key contributors to midface sagging and a heavier facial appearance. SHRINK UNIVERSE can selectively target these areas to help create a more natural and defined facial contour. When the 4.5 mm MP mode is used, thermal energy may induce coagulative necrosis of adipocytes, leading to gradual fat reduction over approximately 8–12 weeks. This progressive process can help refine the jawline and create a smoother midfacial contour. At the same time, 3.0 mm or 4.5 mm Normal mode can be combined to enhance skin tightening and help minimize laxity following fat reduction. Patient selection is particularly important when targeting the subcutaneous fat layer. Excessive use of MP mode in patients with minimal subcutaneous fat may result in



MESHFILL treatment guide by facial area. Courtesy of Dongbang Medical.

unwanted volume loss and a more aged appearance. In contrast, patients with a thicker fat layer and moderate to severe laxity may achieve more noticeable yet natural improvements over two to three treatment sessions.

Collagen Regeneration and Fat Remodeling

When performed by an experienced practitioner with precise parameter adjustment, SHRINK UNIVERSE offers a powerful noninvasive approach for achieving both skin lifting and fat reduction. The combination of Normal and MP modes brings together two key effects of HIFU -collagen regeneration and fat remodeling- and, when applied through a carefully designed treatment protocol, can provide highly satisfactory anti-aging outcomes with minimal downtime. By combining precise parameter optimization with an individualized treatment approach, SHRINK UNIVERSE offers a new option for patients seeking natural-looking and safe facial lifting.



Treatment case by Dr. Mathelda Weni. Courtesy of CLASSYS.

Reference

❶ Aşiran Serdar, Z., Aktaş Karabay, E., Tatlıparmak, A., & Aksoy, B. (2019). Efficacy of high-intensity focused ultrasound in facial and neck rejuvenation. Journal of Cosmetic Dermatology, 19(2), 353–358. DOI: 10.1111/jocd.13008.(Demonstrated significant improvement > 80% in nasolabial folds, jawline, submental, and neck with appropriate HIFU parameters; recommended moderate energy for safety.(HIFU offers visible improvements) (Efficacy of highintensity focused ultrasound in facial and neck rejuvenation.)

❷ Hwang, Y., Wan, J., & Yi, K.-H.(2025). Do Different High-Intensity-Focused Ultrasound Frequencies Have Different Effects? A Histological Analysis Correlated With Patients' Subjective Assessments. Journal of Cosmetic Dermatology, 24(1), e70069. DOI: 10.1111/jocd.70069.(Histological study using Ultraformer MPT showing increased types I/III collagen and significant fat reduction post-HIFU; clinically 70.6% noted improved facial contour.(Do Different High-Intensity-Focused Ultrasound Frequencies Have Different Effects? A Histological Analysis Correlated With Patients ' Subjective Assessments.)

❸ Smoczok, M., Leonik, S., & Bergler-Czop, B.(2022). High-intensity focused ultrasound technology as a non-surgical alternative to face l ifting. Dermatology Review, 109(2), 130–137. DOI: 10.5114/dr.2022.117984.(Review of HIFU in aesthetics –discusses mechanism of creating thermal coagulation points in SMAS/dermis for tightening and notes fat atrophy as a possible effect and side effect(High-intensity focused ultrasound technology as a non-surgical alternative to face lifting), highlighting the need for proper technique.)

❹ Park, H., Kim, E., Kim, J., Ro, Y., & Ko, J.(2015). High-intensity focused ultrasound for the treatment of wrinkles and skin laxity in seven different facial areas. Annals of Dermatology, 27(6), 688–693. DOI: 10.5021/ad.2015.27.6.688.(Early clinical study in Asian patients showing HIFU improved skin laxity across multiple facial regions; underscores importance of adequate shot delivery, ~420 shots on average, for noticeable tightening.)

❺ Fritz, K., & Salavastru, C.(2016). Ways of noninvasive facial skin tightening and fat reduction. Facial Plastic Surgery, 32(3), 276–282. DOI: 10.1055/s-0036-1584214. (Review of non-invasive modalities including HIFU, explaining how focused ultrasound can target the SMAS for tightening and subcutaneous tissue for fat reduction, enabling facial contour improvements in appropriate patients.)