

# The uRepublic Guide to Thermal-RF

Thermal-RF uses Radiofrequency energy (the source of radio-waves) to heat the middle-to-lower layers of the skin. Radiofrequency treatments are deeply penetrating, and suited for treatment of deeper skin structures such as the collagen and connective tissue layer of the skin.

Thermal-RF can also be used to heat the collagen layer selectively, which produces contraction or tightening of the skin around lax areas such as the face, neck, arms and abdomen – and suitable for all skin types.

## What can Thermal-RF do for me?

### Skin tightening

- Subtle tightening of face, jaw-line, jowls, chin and neck
- Other areas – arms and abdomen

In selected cases, stretch marks and cellulite may respond to Thermal-RF.

Thermal-RF also combines well with other complexion-refining procedures such as BBL photorejuvenation, Fillers, Fractional lasers and Fractional radiofrequency to achieve a more striking rejuvenative effect. Have a word to your doctor about it if you'd like to know more.

## How do Thermal-RF devices (Thermage, Duet, Midas) compare with other skin tightening devices such as SkinTyte?

All these devices work by heating the collagen layer of the skin to about 65°C. Therma-RF uses radiofrequency energy while SkinTyte uses infrared. The efficacy and side effect profile is similar for both types of heating devices although RF technology is faster and more comfortable for patients. All these skin tightening devices can achieve mild skin tightening only, and do not replace a surgical face or neck lift, or abdominoplasty, in patients with more advanced skin laxity.

Studies have shown this procedure to be comfortable and extremely well tolerated. All patients reported at least a mild degree of improvement even when assessed 2 months after the end of procedure, and up to 70% of treated patients would recommend this procedure to a friend. However, one in 5 patients may find that the changes have not met their expectations.

## What does the procedure involve?

No anaesthetic is required as the procedure is comfortable and well tolerated. Protective eyewear is also not required.

A gel may be used on the skin to facilitate skin contact of the handpiece.

The Thermal-RF probe is used to massage the treated skin in a continuous or stamping motion (with gel) until the surface skin temperature reaches 40°C. This is continued for several passes, maintaining the temperature at 40°C. For optimum results, the procedure is carried out every 2-4 weeks for up to 6 sessions.

There is no post-treatment discomfort.

## What happens after treatment, and how long will the results last?

There is often immediate evidence of collagen contraction after the first treatment, and patients are able to see the difference straight away. Immediately after treatment, there may be mild redness for a few minutes. Over time, there is further collagen remodeling and results will continue to improve over the next 4–6 months.

Up to 6 treatments are necessary for best results, usually spaced 2–4 weeks apart. The results should last at least 6–12 months, possibly longer. And maintenance treatment at least once a year may be required.

During this time, concurrent treatment with other modalities such as photorejuvenation or fractional resurfacing can further enhance the overall results.

## What are the unwanted side effects of Thermal-RF?

Side effects are rare.

However, the following may occur:

- Blisters, burns to the skin leading to redness and alteration in pigment
- Alteration in pigment – either darker or lighter – which is temporary but, rarely, may be permanent
- Scarring and indentations – usually as a result of burns (extremely rare)

## Is everyone suitable for Thermal-RF?

### We do not treat:

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Current significant skin disease / infections such as cold sores at the site of treatment
- Any emotional, mental or medical condition that may impair judgment