

# The uRepublic guide to Fractional Radiofrequency (RF) therapy

The main advantage of Fractional RF treatment is its reduced healing time, as opposed to other types of Fractional laser devices. Because the energy is delivered below the skin surface, there is minimal recovery time and is suitable for patients of all skin colour and types. Fractional RF directly targets the collagen layer of the skin and is useful for collagen remodeling and tightening.

This procedure is most often applied as a series of 5 treatments, with each treatment producing a noticeable improvement in the quality of the skin.

## How is Fractional RF different from Fractional laser resurfacing?

Fractional RF delivers radiofrequency energy into the middle layer of the skin to tighten and remodel collagen. There are 2 types of fractional RF:

A. Needling RF: RF energy is delivered via superfine needles to a depth of 0.5mm to 3.5mm in a fully automated and precise manner (see illustration below).

B. Non-needling RF: RF energy is delivered by nodes that do not penetrate the skin.

Both methods of RF use non-laser radiofrequency technology delivered to the dermis with minimal damage to the top layer of the skin (see pic). The advantage is effective treatment with minimal recovery time.

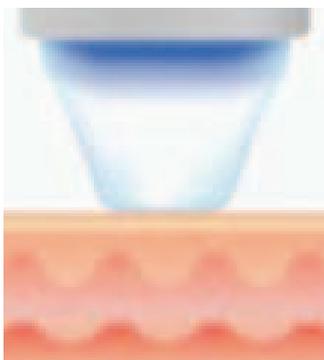
Both Fractional-RF procedures use state-of-the-art fractional technology to get the most out of the cosmetic benefits of laser skin resurfacing, while keeping the side-effects and recovery time to a minimum. Your doctor will advise you on the best resurfacing method for your skin.

## How often does Fractional RF need to be done?

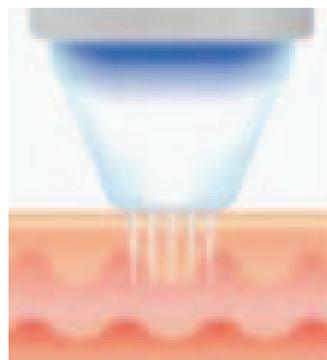
To get the best out of the procedure, up to 5 treatments sessions are recommended. These can be carried out every 2 months. To keep your complexion looking its best, maintenance treatment can be performed yearly or as required.

## What is Fractional Radiofrequency (RF) best for?

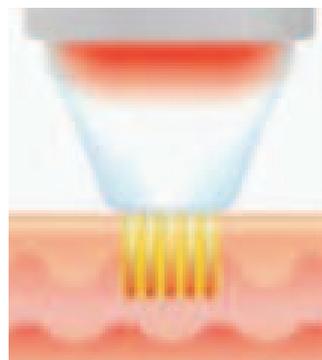
- Acne scars
- Fine line and wrinkles
- Skin Laxity
- Other scars – surgical and trauma scars
- Stretch marks
- Hyperhidrosis (excessive sweating)



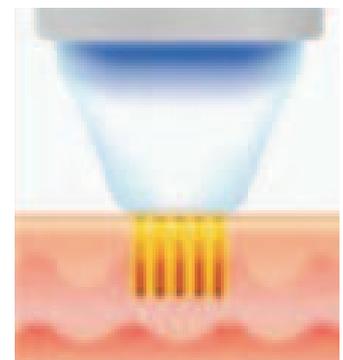
Micro-needle Cartridge is placed on the skin surface



Micro-needle penetrate inside of the skin



Bipolar RF energy is directly applied to the target areas



Collagen regeneration and new elastic production process begins

## Can the procedure be combined with other lasers?

Fractional RF works very well on its own, but can be combined with other complementing therapies for even better results. In acne scar repair, it can be combined with Fractional Lasers, Fillers and Trichloroacetic Acid (TCA). In anti-aging treatment, it can be combined with anti-wrinkle-injections, fillers and the different levels of laser resurfacing.

## What can the patient expect?

Patients can expect clearer, smoother, tighter and more vibrant skin. Patients with acne or other forms of scarring can expect gradual improvement with each treatment. A realistic expectation is approximately 25–50% improvement after 5 treatments or so. When treating wrinkles, lines and laxity, earlier intervention with maintenance treatments will be more effective and also slow down the aging process.

## Is the procedure painful?

The procedure can be slightly uncomfortable, and therefore requires some form of anaesthetic – eg anaesthetic cream applied up to 60 minutes before the procedure works very well. Relaxants such as sedatives and happy gas may also be used to minimize any discomfort. Cold air or skin vibrator can be used to further reduce any associated discomfort.

For neck tightening procedures, local anaesthetic injections to the neck (nerve block) offers relatively pain-free treatment.

After the procedure, there will be a mild tight and tingling sensation for several hours that is very well tolerated.

## Do I have to wear any type of dressing or bandage after the procedure?

No. You can use a gentle moisturiser, serum or Oxygenetix (wound healing foundation) immediately after the procedure and for several days after.

## What is the recovery process?

Immediately following the procedure there will be a tight tingling sensation. Mild swelling and redness may persist for 1–2 days, but there will be no significant oozing, weeping, scabs or broken skin commonly seen with fractional laser therapy. However, more intensive treatment will increase recovery time, which will in turn produce better results, and micro-scabs (fine brown dots) may be visible for up to 5 days that can be left alone or covered with make-up.

Most patients are happy to return to work immediately after treatment with some make-up (Oxygenetix). Our nurse can assist you with the Oxygenetix wound healing foundation after the treatment, if desired. The healing process will continue for several weeks thereafter when the collagen will progressively remodel and tighten. If you have darker skin that is prone to pigmentation, we recommend that you continue regular sun protection.

## What are the unwanted side effects of Fractional RF?

Deeper treatment (e.g. for neck laxity) will naturally produce more swelling, redness and discomfort – but these are only temporary and rarely persist for more than a week. The needling RF may cause bruising especially if you are on blood thinners eg. aspirin, anti-inflammatories, fish/krill oil, vitamin E.

Skin infections are exceedingly rare and you do not need to take any precautionary antibiotics. Rarely, temporary small skin coloured papules (like whiteheads) may be visible for several weeks (up to 1–2 months). However of all the available procedures, fractional RF is the safest and gentlest for individuals with pigment-prone skin. In the unlikely event of skin darkening post-procedure, a course of bleaching cream will be prescribed. Other forms of scarring such as keloids and thick scars are rare.

## Is everyone suitable for Fractional 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
- Patients with unrealistic expectations