

Radio Frequency Skin Tightening Home Care Guide

The Benefits of RF

- **Tissue retraction** – The heat causes temporary local contraction of the collagen fibers, which immediately tightens the skin to reveal a lifted, tighter and more youthful appearance.
- **New collagen formation** – Heating the dermis stimulates production of new collagen and elastin. Results will be visible in 60-90 days. On average, most clients require a course of treatment to achieve best possible results.
- **Improved Circulation** – RF also improves the blood and lymphatic flow. This helps induce a better oxygen supply and greater toxin clearance to further reduce the signs and effects of ageing.

Pre Treatment

- A mild exfoliation scrub prior to RF will prepare your skin to get maximum results. Your treatment clinician will advise you of exfoliation options that are appropriate for your skin type.
- To achieve optimal and long-lasting results, it is highly recommended you follow your therapists' advice for home skin care, before, between and after treatment.

What to Expect

- Most clients experience mild heat and redness following treatment (similar to sunburn), which usually resolves quickly. You may wear a mineral based foundation to conceal any redness.
- Swelling rarely occurs and usually diminishes within 24-48 hours.
- Most people find that they can return to work and resume normal activities immediately after treatment.
- RF heats the skin to cause retraction of the collagen fibers, so it is important not to cool it immediately afterwards as the inflammation encourages results. If you have any concerns, or feel your skin may be heating excessively, please contact your treatment clinician.

Post Treatment

- Any deep exfoliation treatment - such as chemical peels or skin needling, should be avoided a week prior to and a week following your treatment.
- Exercise, swimming, spas and anything that involves increasing your body temperature, should be avoided for 24-48 hours.
- A 30+ sunscreen should be applied immediately following your treatment and reapplied as necessary over the next 72 hours.