



Save Face

Radiofrequency
Fact Sheet



Patient information

Radiofrequency

What is Radiofrequency?

The field of body contouring and tissue tightening has grown very rapidly over the past several years, with many new devices appearing on the market that utilize radiofrequency (RF) energy to tighten and rejuvenate the skin. What originally began with a single monopolar RF device has progressed into a world in which

there are skin-tightening devices that utilize, besides monopolar RF energy, bipolar energy and tripolar energy, and newer machines that boast five and eight poles of RF energy. Each of these devices claims to have positive effects on the skin, which can lead to tissue tightening and ultimate rejuvenation of the skin.

How Does it Work?

Radiofrequency energy uses the tissue's resistance within the various layers of the skin to transform the RF energy given to the skin into heat energy. If the heat produced is sufficient, there will be an immediate, albeit temporary, tightening of the tissue caused by contraction of the collagen fibres. The heat causes controlled injury that initiates a

healing response and new collagen is formed. Machines have become far more sophisticated over time providing more precise, less painful and safer treatments. All RF treatments require the treatment area to be covered in sections and the tissues to be heated and held at temperature for several minutes, using moving hand pieces and a lubricant.

Does it hurt?

There are a variety of RF devices, comfort levels will depend upon which machine and

RF modality is used. Not all RF devices are the same.

Used to treat

- ↳ Lines and wrinkles where skin laxity is the cause
- ↳ Skin laxity
- ↳ Pigmentation
- ↳ Cellulite
- ↳ Body contouring
- ↳ Acne scarring
- ↳ Stretch marks

After treatment

Immediately after the treatment the skin may be slightly warm, red and there may be a little swelling.

How long will it last?

There will be an immediate, but temporary improvement, results develop over time and a maintenance programme will be recommended

by your clinician, depending on the device and indications.

Is it safe?

All treatments carry a degree of risk. All risks and complications will be discussed with you at consultation and prior to any treatment being agreed.

Generally, a safe treatment, side effects are limited to heat, redness and swelling.

Am I suitable for treatment?

There are a number of medical conditions and or medicines that may affect the decision to treat or the treatment plan. A full medical history and assessment of your expectations is necessary in advance of any decision to treat.

- ↘ Not suitable for patients with a pacemaker or wired-in defibrillator
- ↘ Patients with bleeding disorders
- ↘ Patients with keloid scars
- ↘ Active infection on the treatment area

If, having had treatment, you are at all concerned about symptoms you were not expecting or not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.

Consumer Check List

Expect

To be seen by a, doctor, nurse or dentist for your consultation and assessment
To have sufficient time to consider all the information- avoid making hasty decisions
To be treated by a doctor, nurse or dentist
A follow up appointment if necessary or desired

Ask Questions

What is this treatment/product?	time frame?
How does it work?	Are you able to treat complications, should they occur?
What are the side effects/risks?	What happens if I am not happy with the result?
What are the alternatives I might consider?	Is it painful? How do you minimise pain?
What results can I expect?	What aftercare am I expected to perform?
What will I look like immediately after?	What will it cost and what are the payment terms?
How long will the results last?	
How many treatments will I need and in what	

Check

You may check the qualifications of a doctor (www.gmc-uk.org), Nurse (www.nmc-uk.org) and dentist(www.gdc-uk.org)	Ask to see the unopened box of product/ medicine to be used and make a note of it for future reference, should you later see another clinician.
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Be Safe

- Do not proceed with treatment if you do not feel comfortable with the practitioner
- Do not proceed with treatment if you do not fully understand the information you are given
- Take the necessary time to make your decisions
- Ask the practitioner to show you the product in its unopened package prior to treatment.
- Make a note of the practitioner's name and product used for future reference
- Ask for copies of before and after photographs for your reference
- Do not have treatment in your home, at 'parties' or exhibitions or in environments that are clearly not clean or appropriate.