

RADIOFREQUENCY FACTSHEET

WHO IS SUITABLE? Radiofrequency (with vacuum massage) is suitable for people who want to improve the appearance of cellulite on the body, or who want to tighten loose or saggy skin on the body.

There are two main types of body conditions that the treatment can be adapted to treat.

Tightening and toning of areas with 'volume', such as tummy, bingo wings, legs and buttocks. It can help to reduce circumference when carried out as part of a diet or weight loss program.

If the skin has dramatically lost volume, or if you are slim but have crepey loose wrinkled skin such as after weight loss, pregnancy or if you have lost volume in the skin with age or sun damage

The face and neck can also be treated (Go to Face Tightening section)

Reaction can treat all skin colours, unlike lasers, because the energy is not absorbed by pigment.

Most people can have treatment as there are only very few conditions that may prevent treatment

WHO IS NOT SUITABLE? If you are managing any of the following conditions or taking particular medications, you are probably not able to have radiofrequency treatment:

- Cardiac pacemaker, defibrillator, or other implanted electronic/metallic device
- Use of drugs that influence the immune system
- Impaired immune system (as HIV)
- Any endocrine disorder, such as diabetes
- Active or recent malignancy (cancer)
- Uncontrolled thyroid disease
- Blood coagulopathy or excessive bleeding or bruising
- Use of blood thinning medications (anticoagulants)
- History of deep vein thrombosis in the treatment area
- Use of Accutane within the past 6 months
- Any aesthetic or medical surgery in the treatment area in the past 3 months
- Breast-feeding in the past 3 months

PREPARATION AND AFTERCARE

To optimise the effects of your programme it is important to make every effort to attend the recommended frequency of treatment (see below). Check that any holidays or trips away can be worked around the treatment plan.

A healthy lifestyle during your treatment programme may help the results. (Remove or reduce alcohol and ensure a balanced diet and adhere to other complementary advice)

Avoid alcohol the day before each treatment as this causes dehydration and affects the delivery of energy into the skin.

WRINKLES AND LOOSE SKIN: It is recommended to protect yourself from harmful sun and UV during your course of treatment by covering the treatment area and/or using SPF 20 - 30

If you expose the treatment area to sun or tanning booths in between RF Skin tightening treatment, this may negate and compromise the results.

THE TREATMENT PROCESS HOW RADIOFREQUENCY TREATMENT WORKS

The RF applicator is applied to the skin with firm pressure and the RF energy is pulsed systematically across the treatment area until the desired or appropriate amount of energy or heating effect has accumulated.

It will take between 15 – 30mins to treat each body or face section

CELLULITE AND VOLUME - TREATMENT PLANNING

- Treat x 1 per week for 8 – 12 treatments. Fat cell metabolism is increased for 7 days after treatment. Weekly treatment is necessary to maintain the effect on fat cells. This means we will assess your results after 2 months and then 3 months
- Some people say they can feel and see a difference after just a few treatments. Typically people see a difference later in the treatment programme.
- You may be weighed at each visit to monitor any weight increase, as this may have a negative effect on the treatment.
- If you are planning a weight loss programme, it is recommended to start your Reaction treatment when you have achieved a stable weight loss over a period of time, or when you have achieved your goals
- To encourage lymphatic drainage, fat metabolism and assist the effectiveness of the treatment, the following tips are recommended:
 - If you are already quite active, you should at least maintain your usual activity.
 - If you are quite sedentary, you should aim to increase your mobility. Simple activities such as using opportunities to walk when you would normally use transport for short distances, or walking up escalators can help. Any additional exercise is recommended
 - Saunas, massage or skin buffing/pummelling or powerplate may help the local circulation and enhance the results of the treatment.

LOOSE SKIN (Jowls / Body) LINES & WRINKLES – TREATMENT PLANNING

- Treat every 2 – 3 weeks for 4 -8 treatments.

This means we will assess the results after 2 months and then after 4 months.
This allows time for the new dermal collagen cycle which takes 3 -9 months (age depending).
Sometimes results are more noticeable after 6 months or more, especially with older age.
- Most people say they can see and feel a difference after just 1 or 2 treatments. Typically people notice more difference after about 4 treatments.

DURING YOUR TREATMENT

- RF without vacuum** The area is treated in sections with each section treated over several times to accumulate the heat.
- At first we will gradually increase the energy level and check your comfort. You will tell us a number from 1 – 5 to describe your comfort level. **1 = very mild** **5 = Not Tolerable, too hot**
- For best results, we want you to manage as much heating as possible. If you are comfortable but think a bit more heating would then become uncomfortable, this will be about the right comfort level (3 – 4)
- It is important that you tell us if you are feeling too hot, burning or are uncomfortable at any time during treatment.
- RF with Vacuum** The aim is to heat the area to 39 – 42 degrees. This feels comfortably warm. We monitor this using a special thermometer.
Most people say it feels like a hot stone massage and feels pleasant.
- You must let us know if any areas are starting to feel too hot during the treatment.
- Sometimes the vacuum may cause light superficial bruising. This is not always immediately noticed and may show up the next day. Bruises are harmless and will heal over a few days
- Your first/test treatment will enable us to establish your tolerated vacuum level and if you are going to bruise.

TREATMENT RESULTS

- Results depend on your skins own ability to react to the energy delivered. Results can vary from very subtle to very noticeable. Therefore if you can reduce or remove alcohol, smoking and sugary foods during your program this may improve the overall effects.
- A subtle result may present around a 10% improvement. Most people notice around a 20%-30% improvement and some people will achieve a more dramatic result of 50% or more improvement.
- The results photos (on the web page) will give you an idea of the results that can be achieved.

NORMAL EFFECTS AFTER TREATMENT

During and immediately after the treatment, the skin may appear pink or red with some mild swelling. This is a desirable effect and temporary and resolves within a few minutes to a few hours.

The next day the skin may feel a little dry and possibly slightly sensitive, although this is uncommon.

Some people may bruise after treatment with vacuum massage, but this will resolve in a few days

SIDE EFFECTS WE LIKE TO AVOID

If a 'hot spot' occurs, scab or blister may form. These are small and superficial and will resolve, but need to be cared for to avoid any infections. In very rare cases, this may require you to visit a GP for antibiotic medications.

Pigmentation in the skin may appear darker or lighter in places, but this usually occurs after a scab or blister. This is temporary but may take several weeks or months to resolve. The risk of pigment changes is greater in darker skin types

AFTERCARE There is not any special care necessary other than to follow advice regarding avoiding sun exposure and good diet and exercise. You can resume all normal activities immediately after treatment