Radiofrequency Treatment for Skin Tightening, Body Contouring, & Cellulite

INFORMATION & TREATMENT INSTRUCTIONS

U Cosmetic uses **Fractora Firm and Plus radiofrequency (RF) hand pieces on the BodyTite platform** for non-ablative (non-invasive) skin tightening, cellulite reduction and facial & body contouring. You lose **one to two percent** of your collagen in your skin per year starting in your 30’s and leads to loose skin and facial aging. RF treatments can stimulate rebuilding of **up to five percent** of collagen and elastin per year and can also prevent collagen loss from aging.

Fractora Firm and Plus RF heats the skin and sub-dermal tissues to stimulate collagen remodeling. RF current flows between electrodes in the Firm and Plus hand pieces to provide a comfortable thermal experience heating the skin and deeper tissues to 40-45°C. Built-in temperature controls in the Firm and Plus hand pieces allow for optimal dermal temperatures to be reached while minimizing the risk of adverse effects. Target temperatures are reached quickly and uniformly allowing for optimal prolonged exposure at therapeutic temperatures. Fractora Firm and Plus RF treatment system is an advanced RF system that gives you the best combination of non-invasive radiofrequency energy delivery to target tissues and safety.

Non-invasive RF tightens loose skin and contours tissue around the face, neck, chest, abdomen, and elsewhere. RF can also decrease cellulite on the thighs, buttocks, arms, and abdomen. RF hand pieces focus energy right where it is needed, improving treatment outcomes in a comfortable manner. Skin and tissue underneath are heated to above 40°C to trick the skin and tissues into thinking they have been "injured". This stimulates a repair response and induces remodeling of tissue by stimulating collagen and elastin production for up to **four to six months** after finishing treatment. Improvements continue long after the treatment series is completed. Maintenance treatments will help keep this remodeling process ongoing.

There is no downtime after treatments. You can return to regular activity immediately after the session! We recommend being well hydrated for treatments and not to exercise prior to treatments because your body will be in cool down mode and it will be harder to reach target temperatures. It is recommended not to exercise two hours or less before your treatment. You can exercise immediately after treatment. This will prolong the effect!

Expected side effects include **redness** lasting up to one to two hours or longer after treatment and occasionally a few discrete **tender areas** or **bruising** that may persist up to a few days. During the treatment, areas may heat up quickly and you may experience discomfort. It is also possible you may experience a small snap or shock during your treatment over angular areas such as the jaw line. Let your technician know if you experience any discomfort or shock sensation. Less
likely to rarely, a small skin burn or temporary swelling may occur due to the heat generated in the skin and fatty tissue. Very rare risks would include a blister or small dimpled scar.

RF treatments are not recommended if you are breastfeeding or pregnant, have active infection at the site, or have a pacemaker or other implanted electrical device. Clients with the following active or poorly controlled medical conditions should not be treated and include (but are not limited to): thyroid or diabetes, cardiac disorders, epilepsy, uncontrolled hypertension, liver or kidney disease, skin or any type of cancer, AIDS/HIV or any autoimmune disease / collagen disease or neurological diseases. Other medical conditions that may be affected by the heat of RF treatments are psoriasis, eczema and other rashes, recurrent cold sores, shingles and trigeminal neuralgia and should be reported to ensure appropriate action is taken before treatment. Please inform us if are prone to keloid scarring, abnormal wound healing as well as very dry or fragile skin or any medical condition that may impact wound healing. Certain medications such as prednisone can affect skin during treatments. Please ensure we are aware of all of your medications. It is recommended that you wait until after your initial treatment series to have facial filler injections if they are going to be in the area of treatment otherwise you can have RF and filler injections concurrently. If you have had previous long lasting or permanent facial injections please let us know.

It is important to know what to expect from your non-invasive RF treatment. RF treatments primarily help prevent ongoing collagen loss. They can also result in an approximate 20-60% improvement in skin laxity, body contouring, and cellulite appearance. Treatments cannot stop the aging process altogether but they can minimize it and slow it with regular treatments and maintenance. Treatments also cannot stop new cellulite from forming or fat cells from storing more fat if excess calories are consumed. RF is not a replacement for those who would better benefit from surgery such as a facelift, liposuction or abdominoplasty to achieve desired outcomes. RF can be used in conjunction with a surgical procedure to maximize results.

For cellulite treatments, eight to twelve treatments or more may be required to see improvement. For skin tightening, six to eight treatments or more may be required to see improvement. For facial volume reduction such as under the chin fatty tissue, eight to twelve treatments or more may be required to see improvement. Treatments should be scheduled one to two weeks apart. Each subsequent treatment builds on the “injury” stimulated from the previous treatment thus inducing more collagen and elastin production. The treatments can be 15-60 minutes long. Longer appointments are recommended for larger body areas such as the thighs. RF cannot completely remove loose skin, cellulite, or fat. A very small number do not respond to radiofrequency treatments at all and some may require more than the recommended number of treatments to achieve satisfactory results. If results are not detected for facial treatments by the third or fourth visit then another service may be considered. Realistic expectations (depending on severity of the condition) would be minimization of collagen loss, a 20-60% improvement in dimpling, skin laxity, or body contour with a series of treatments and maintenance treatment every one to twelve months depending on the individual. Mild to moderate conditions respond better then advanced forms of cellulite, loose skin, or volume excess. This is an estimate based on experience and the supporting literature. Results vary between individuals. Some people exceed our expectations and some people respond below expectations. Although good
results are expected, with the focus on improvement and not perfection, every person is unique and it is impossible to guarantee results.

Other options for skin tightening include RF (Fractora) resurfacing alone or in conjunction with non-invasive RF (Fractora Firm and Plus) and is called FracTotal Facial or laser (Ultrapulse) resurfacing, carboxytherapy, or surgery. Medical grade skin care can lead to a rejuvenated appearance and should be used in combination with any facial cosmetic procedure. Skin care consults are complimentary at U Cosmetic and excellent skin care greatly enhances anti-aging treatments. There may be other options not listed.

RF treatments are complimented by proper skincare, good quality SPF product and by maintaining a healthy lifestyle with regular exercise, hydration, and maintaining a healthy weight.

Prior to the procedure:
- You should have a skincare and mineral cosmetic make up consult (complementary) for use after treatment. Mineral make up can often be applied immediately after treatment.
- You should not exercise within two hours before your treatment. You may exercise immediately after.

Day of the procedure you may/will/should:
- Avoid exercising before the appointment, this may interfere with the treatment
- Be well hydrated
- Wash treatment area with an antibacterial soap and do not apply make-up
- Wear hair tied back and clothing that may be exposed to ultrasound gel
- Feel warmth from the procedure. Let your clinician know if your skin feels too hot
- Feel an occasional snap during the treatment. This is harmless. Let your clinician know
- After treatment continue with your normal planned activities including exercise and exercising shortly after your procedure may prolong the effects of the treatment
- Consider medical-grade skin care to prolong your RF treatment results
- Contact the clinic at any time if you have questions. We are here to help you and want your experience to be a pleasant one

For best results, a series of six to eight treatments or more is recommended. Maintenance treatments every three to twelve months will keep you looking great!

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