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Radiofrequency Treatment for Skin Tightening, Body Contouring and Cellulite **INFORMATION & TREATMENT INSTRUCTIONS**

UCosmetic uses the Apollo Tripollar radiofrequency device for skin tightening, cellulite reduction and facial and body contouring. RF therapy is a gradual process to tighten loose skin and contour tissue usually around the neck, chest, face, tummy and elsewhere and to decrease cellulite on the thighs, buttocks, arms and tummy. Tripollar RF treatments combine both monopolar and bipolar RF in one handpiece to maximize the effects of both types of RF. Tripollar RF focuses the energy right where it is needed and thus requires much lower energy to heat the skin, dermis and subcutaneous tissue improving treatment outcomes with no discomfort. Fewer treatments may be required with Tripollar than with other RF technology. In general selected layers of skin and tissue are heated to above 40° C to induce remodeling of tissue structure resulting in skin tightening, cellulite reduction or body contouring. Improvement can continue until 4-6months after completion of treatments as the collagen and elastin renews.

The majority of individuals have uncomplicated treatments and can return to regular activities, including exercise immediately after the session! Expected side effects include some **redness** lasting 10-30 minutes and occasionally a few discrete **tender areas** or **bruising** that may persist for seconds to a few days. Less likely, a **small skin burn** or **temporary swelling** may occur due to the heat generated in the skin and fatty tissue. Very rare and unexpected risks would include a **blister** or **small dimpled scar**.

Tripollar treatments are **not recommended** if you are **breastfeeding or pregnant** or have active infection at the site. Clients with the following medical conditions **should not be treated** with this device and include (but are not limited to): **cancer, autoimmune disease / collagen disease, pacemaker or other implanted electrical devices, pregnancy, 'collagen' (or other filler) injections** in the area of treatment.

Other medical conditions that affect the area treated such as **recurrent cold sores, shingles, trigeminal neuralgia** should be reported to ensure an appropriate course of action.

It is important to know **what to expect** from your treatment. Treatments cannot stop new cellulite from forming or fat cells from storing more fat if excess calories are consumed. Treatments cannot stop ongoing skin laxity due to aging and environmental factors. This treatment is not a replacement for those who would benefit from surgery such as liposuction, a tummy tuck or a face lift. RF treatments are designed to tighten skin, reduce the appearance of cellulite and assist in body contouring.

For Cellulite Treatments, 8 to 24 treatments may be required to see improvement. This may be decreased when combined with other treatments such as carboxytherapy. For Skin Tightening, 6 to 8 treatments may be required to see improvement. For facial volume reduction, 8 to 24 treatments may be required to see improvement. Treatments should be scheduled weekly but no longer than 1 to 2 weeks apart. The treatments can be 15 to 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 3rd or 4th visit then another service may be considered. Every person is unique and although good results are expected, it is impossible to guarantee. Realistic expectations (depending on severity of the condition) would be a 40% to 50% improvement in dimpling, skin laxity or body contour with a series of treatments and maintenance treatment every 3 to 12 months depending on the individual. Mild to moderate conditions respond better than advanced forms of cellulite, loose skin or excessive volume excess. This is an estimate based on experience and the supporting medical literature. Results are very individual. 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.***

Other options for skin tightening treatments include laser resurfacing, carboxytherapy or surgery. Medical grade skin care can lead to wrinkle reduction. Carboxytherapy can improve cellulite, wrinkles and undesirable body contours. There may be other options not listed.

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

Day of the procedure you may/will/should:

- avoid exercising before the appointment, this may interfere with the treatment
- be well hydrated
- wash your face with an antibacterial soap and do not apply make-up
- wear hair tied back and clothing that may be exposed to treatment oil
- feel deep warmth from the procedure and let your treating clinician know if your skin feels too hot
- Feel an occasional snap or shock during the treatment, this is harmless but let your technician know
- after treatment continue with your normal planned activities including exercise Exercising shortly after your procedure may prolong the effects of the treatment
- consider a medical-grade skin care plan to prolong your RF treatments.
- 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 6-8 treatments or more is recommended.
Maintenance treatments every 3-12 months will keep you looking great!

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