



RF Skin Tightening Pre & Post Care Guide

BEFORE TREATMENTS

- Stay hydrated (drinking at least 1 liter of water daily) during your entire course of treatment.
- Do not use alcohol-based cleaning solutions.

AFTER TREATMENTS

- Redness and swelling in the treated area may occur and is a normal reaction. Use cold compresses only in the presence of adverse effects, to help alleviate the symptoms.
- Following treatment, avoid the use of hot water and discontinue use of abrasive or harsh products for two days.
- In cases where superficial crusting or scabbing occurs, do not rub, scratch or remove the scab. Cleanse the area gently and pat dry.
- Apply high factor sunscreen (at least 30 SPF) and protect the treated area from sunlight for two weeks following treatment.
- Make-up may be applied immediately after the treatment.

SETTING EXPECTATIONS

- Adherence to a healthy lifestyle (drinking water and sun avoidance) is strongly recommended and may help to obtain better results.
- Maintenance sessions may be required (one maintenance session every 3-6 months).
- Response to the Reaction treatment and the number of treatment sessions required will vary among patients and will depend on the clinical and physiological condition at the start of the treatment regimen.
- Dramatic weight loss may have a negative effect on the skin laxity.