

Your RF Skin Tightening Journey

DAILY

- A sunscreen with SPF 30 or greater should be applied. If you haven't found one you love, try our Mineral Pro, tinted or non tinted \$49.
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4 WEEKS PRIOR

- Avoid the use of fake tan and gradual tanning products in the treatment area.
 - Avoid tanning and incidental sun exposure between treatments.
 - Avoid filler injections in the treatment area.
 - Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin Types III plus and any skin prone to post inflammatory hyperpigmentation (PIHP). We recommend O Cosmedics B3 Plus.
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2 WEEKS PRIOR

- Avoid prescription strength exfoliant creams in the treatment area.
 - Avoid antiwrinkle injection (Botox/Dysport) in the treatment area.
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1 WEEK PRIOR

- Avoid benzyl peroxide application on the treatment area.
 - Avoid waxing, plucking, threading, using depilatory creams or undertaking electrolysis in the treatment area.
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3 DAYS PRIOR

- Avoid cosmeceutical Vitamin A (retinol), AHA's & BHS's, and Vitamin C application.
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48 HRS PRIOR

- Please exfoliate the area gently but thoroughly using a granular scrub or exfoliating mitt.
 - Please shave the treatment area if required.
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AFTER & 5 DAYS POST

- Mild warmth and redness on the skin, similar to a sunburn sensation.
 - Mild swelling.
 - Itchy or dry skin.
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POST TX

- Do not cool the area with cold packs unless otherwise advised.
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DAILY

- A sunscreen with SPF of 30+ or greater should be applied.
 - Avoid sun exposure to treated areas.
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24HRS

- Application of Medisoothe or chilled aloe vera gel if the area is warm or has small, red bumps.
 - Replace with recommended skincare when the area is no longer warm and any small bumps have disappeared.
 - Avoid activities that increase perspiration and body temperature.
 - Avoid the use of pools, spas and saunas.
 - Avoid extremely hot showers and baths.
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1 WEEK POST

- Avoid the use of prescription strength exfoliants (Vitamin A).
 - Avoid antiwrinkle injections and filler injections in the treatment area.
 - Any concerns please do not hesitate to contact us immediately.
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ABOUT

RF Skin Tightening is an advanced scientific method of tightening and toning loose, sagging or ageing skin with Radio Frequency Energy.

Whether it be tightening and toning loose skin after dramatic weight loss or firming ageing skin - RF Skin Tightening offers effective results for virtually any part of the face or body.

Treatments are comfortable, non-invasive, and do not require any downtime. RF Skin Tightening offers a convenient, pain free solution for enhancing your physique, appearance and body image confidence without the hassle, discomfort, downtime and costs associated with surgery.

INFO

Pre treatment preparation and post treatment care are vital steps of your Radio Frequency treatments. In order to ensure a safe treatment and to achieve the best results, please follow all advice provided and reach out to us if you have any questions. Failure to follow the advice given may increase the risk of undesirable effects.

WHAT TO EXPECT

During your treatment you can expect to experience -

- Moderate warmth, similar to a hot stone massage
- Some people feel tingling and itchiness on the area
- The treatment should not be painful, please let us know if you experience discomfort.

HOW MANY TX

This will vary from patient to patient, however as a guide 6 plus treatments may be necessary to achieve your desired outcome. treatments can be performed a week apart to give the body a chance to recover from the previous treatment.

WE NEED TO KNOW

Throughout your treatment course, it is important to advise us of any of the following as these will influence treatment safety and efficacy.

- Sun Exposure or fake tan application in the treatment area within the past 4 weeks.
 - Any new health conditions, or if you have been unwell.
 - Commencing any new medication (including short term doses).
 - Changes to current medications or supplements.
 - If you are trying to become, or have become pregnant.
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Find us on Facebook and Instagram for before & after photos

