



FRACTIONAL RADIO FREQUENCY (RF) INFORMATION

Fractional Radio Frequency (RF) treatment is a minimally invasive cosmetic procedure to help rejuvenate the skin by improving the tone and texture. It can help the appearance of fine lines and wrinkles. It can also be used to improve appearance of acne scars and open pores.

How does Radio Frequency work?

Fractional Radio Frequency (RF) is not a laser. Radio frequency produces electrical energy instead of a light source. Energy is delivered by minimally invasive micro-needles precisely into the deeper layer of the skin (dermis), creating heat. This stimulates the production of new collagen, the building blocks of healthy, youthful skin. Collagen and elastin provide strength, elasticity and fullness to the surface of the skin.

Generally, 3-6 treatments are advised 4-6 weeks apart, depending on problem being treated. You may see improvement for up to six months as new collagen is formed. Usually maintenance treatments are required every 6-12 months to maintain improvement.

The combination of Fractional Radio Frequency (RF) and dermal fillers and a good skin care regime are complimentary treatments and can enhance overall improvement.

What to expect during treatment?

- Application of local anaesthetic cream 1 hour prior to treatment will make the treatment feel more comfortable.
- During the procedure you will feel a deep heating and/or stinging sensation every time the radio frequency energy is delivered to the skin.
- The depth of the needles and energy is varied depending on the area of the face and body being treated and your tolerance to the procedure.
- Depending on the size of the area being treated, treatments may take 30mins to 1 hour.

Adverse reactions that may occur

Side effects and reactions are rare especially if following aftercare instructions properly and avoiding sun exposure pre and post treatment but can include:

- Redness and swelling (histamine response) lasting longer than 48 hours is unlikely.
- Discolouration (A temporary increase or decrease in skin colour) may occur; this usually reverts to normal colour over weeks or occasionally months.
- Burns, infection, scarring, bruising and pigmentation are highly unusual but is a possibility with any cosmetic treatment.

After the treatment

- A mild deep heating sensation may be experienced after the treatment but typically resolves in a few hours post treatment. Cool packs can be applied to reduce redness and cool the skin.
- Transient mild redness and swelling may occur and can last up to 24-48 hours.
- Micro-crusting generally occurs 2-3 days post treatment and can make this skin feel tight, dry and rough and sometimes itchy, this can take a week to resolve. Do not pick at the skin, you can reapply gentle moisturiser as often as needed. Antihistamines can be taken to aid with itching.
- Do not use any skin care products with active ingredients, such as Vitamin A, AHA's or active cleansers as these products may irritate the skin, for 1 week post treatment.
- Avoid sun exposure for a minimum of 2 weeks post treatment, where possible.

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CSS-C-PI-004	v1 06.08.19	1