



# All About Radiofrequency Treatment



Changi  
General Hospital  
SingHealth

## **What is radiofrequency treatment?**

Radiofrequency treatment is a non-invasive treatment that utilises radiofrequency energy for skin tightening and renewal of body and facial contours.

The radiofrequency energy flows through the skin with the purpose of heating the dermis and hypodermis layers. The heat promotes the production of collagen fibres which are the main proteins in the skin responsible for skin elasticity and resilience, thereby improving skin laxity, sagginess and texture.

In addition, radiofrequency-induced heat increases stored fat break down, helping to renew body and facial contours.

## **What can radiofrequency treatment be used for?**

Radiofrequency treatment is used for skin tightening and to renew body and facial contours.

## How is the procedure performed?

The treatment involves repeated movement of the treatment hand piece over the targeted area. Application of cooling gel is used to reduce discomfort. It is normal for patients to experience a warm sensation during the procedure. The discomfort experienced during the treatment is transient and goes away after completion of treatment.

Radiofrequency treatment can be used to treat the entire body, including the face (jowls, cheeks, brows, forehead, and nasolabial area), neck, underarms, stomach, buttocks, and inner and outer thighs. Depending upon the body part and specific treatment being done, treatment sessions can be between 15 – 40 minutes.

Each treatment course depends on the body part and specific treatment being done. Multiple treatment sessions are necessary to achieve optimum results.

Results vary with each individual according to skin condition, physiological attributes and underlying medical conditions. It is possible that the results achieved may not be ideal or as expected. Results of radiofrequency treatment are not as predictable as surgical treatments.

## What are the possible risks and side effects from radiofrequency treatment?

Radiofrequency treatment is a non-invasive treatment that is relatively safe.

Patients normally experience transient warm sensation and redness at the treatment site.

### Other possible risks and side effects may include:

- ➡ Local pain
- ➡ Swelling
- ➡ Bruises
- ➡ Itching and sensitivity to touch
- ➡ Hives
- ➡ Allergic contact dermatitis to the cooling gel
- ➡ Blistering
- ➡ Darkening or lightening of skin colour at the treatment site

## How do I take care of the treatment area?

You may return to your usual activities immediately as there is usually minimal down time for radiofrequency treatment. There is no special care needed after treatment but as part of good skin care, sun avoidance and use of broad spectrum sunblock after treatment is recommended, especially on sun-exposed body sites.

## Is there anything I need to tell my doctor before the procedure?

### Do tell your doctor if you are pregnant or have:

- ➔ Been breastfeeding in the past three months
- ➔ Any cardiac pacemaker, defibrillator or other implanted electronic/metallic device
- ➔ Been on drugs that influence the immune system
- ➔ Been on blood thinning medications
- ➔ Been on isotretinoin within the last six months
- ➔ Impaired immune system (e.g., HIV)
- ➔ Any endocrine disorder (e.g., diabetes mellitus, uncontrolled thyroid disease)
- ➔ Hepatitis or liver disease
- ➔ Active or recent malignancy
- ➔ Blood coagulopathy or excessive bleeding or bruising
- ➔ History of deep vein thrombosis in the treatment area
- ➔ Heat-induced diseases (e.g., herpes) in the treatment area
- ➔ Any active skin disease in the treatment area (e.g., herpes, eczema)
- ➔ Extra dry or sensitive skin
- ➔ Sunburn in the treatment area
- ➔ Tendency to keloid scars or impaired wound healing
- ➔ Tattoo or permanent make up in the treatment area
- ➔ Any synthetic filler procedure in the treatment area
- ➔ Botox injections in the past two to four days
- ➔ Chemical peel or natural fillers in the past two weeks
- ➔ Any aesthetic or medical surgery in the treatment area in the past three months
- ➔ Deep chemical peel/ laser peel in the past six months

If you answer yes to any of the above, your doctor will discuss with you on your suitability to proceed.



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Please do not disregard the professional advice of your doctor.