

VSHAPE Radio-Frequency Tissue Tightening: Pre-Treatment and Post-Treatment Instructions

The **VShape** radiofrequency system is FDA-approved for wrinkle removal, and is also used for cellulite and stretch mark reduction, skin tightening, and body contouring. The system can be used to treat loose or sagging skin on many body parts: face, jowl/jaw line, neck, arms, thigh/buttock area, knees, and abdomen. The focus of the treatment is to tighten the skin and improve the look of the skin. It is not a weight loss system. Radiofrequency is a form of electromagnetic energy, such as that used in microwaves, cellular telephones, and TV/Radio communications. The **VShape** technology is more advanced than other devices, in that the energy can be better targeted at the correct level of the skin to tighten and firm the area.

1. PRE-TREATMENT INSTRUCTIONS:

- a. Radiofrequency energy is focused on water molecules in the cells; drinking lots of water before the treatment and being well hydrated will give better results. Being "dry" or less hydrated before the treatment will give less favorable results. **Drink lots of water for 3 days before and after!**
- b. Tell the doctor if you have any of the following medical conditions so she can determine if you are a candidate for the treatment:
 - * Recent (less than one year) use of *Accutane*
 - * *Implantable pacemaker or automatic defibrillator*
 - * *Large dental or other metal implants*
 - * *Tattoo present in treatment area*
 - * Any major medical problems-discuss with the doctor
- c. Best results are achieved with a series of approximately six treatments, spaced 2 - 4 weeks apart.
- d. A treatment every 6-12 months may be required to maintain the results achieved after the initial series of treatments is completion.
- e. In preparation for the treatment, depending on the site(s) being treated, you may want to wear thong underwear which exposed the buttock crease and upper thigh area, or a camisole so the neck or arm area can be treated. The lubricant oil used for the treatment is baby or mineral oil, and can stain clothes.
- f. Directly before the treatment: remove all jewelry, watches, piercings, makeup, moisturizers.
- g. Drink a lot of water, and stay well hydrated, at least 3 days before and after the procedure.

2. POST-TREATMENT INSTRUCTIONS:

- a. Drink 2 glasses of water immediately after the treatment.
- b. Drink 8-10 cups of water each day for three days following the treatment.
- c. Avoid washing the treated area with hot water for 24 hours following the treatment
- d. Avoid rejuvenation products to the treated area for several days as they may be irritating
- e. Avoid excessive exercise, heating, hot baths or saunas for 3 days following the treatment
- f. Avoid consumption of alcoholic drinks for 3 days after the treatment
- g. Apply moisturizer to the treatment area to maintain hydration.
- h. Ice should **NOT** be applied to the treatment area.
- i. Make-up can be applied 2 hours following the treatment.
- j. The number of treatments is variable depending on: degree of skin irregularity, patient age, skin condition, smoking history, medical history, weight loss/gain, and other "human variables". Dr. Duke has reviewed appropriate treatment expectations and alternative treatment options.
- k. The treatment area should be red for a few minutes to hours, and then return to normal. There should be no crusting, scabbing, pain, swelling, irritation, or other change in the skin following the treatment.

If you experience any change in your skin you are concerned about, please call our office at 860-245-0000.