

# ThermiSmooth Face FAQs

## **What is ThermiSmooth face?**

ThermiSmooth face is a non-invasive treatment for skin laxity, wrinkle improvement and smoothing for different areas of the face and neck. ThermiSmooth is temperature controlled radio frequency that heats the dermis to promote immediate contraction and stimulation of collagen, collagen remodeling and elasticity, and long term production of new collagen. Therefore it is used for treating fine lines, skin laxity and smoothing of the skin. Areas that can be treated are the forehead, eyes, cheeks, mouth and neck.

## **What is RF energy?**

RF (Radio Frequency) is a type of electrical energy that can be specifically controlled and thereby be delivered very accurately. RF energy has been used in medicine extensively, including treatments of the heart, nerves in the back for pain management. With ThermiSmooth, the provider uses a specifically designed thermistor-regulated hand piece to target and treat the desired areas precisely and safely.

## **What can I expect the treatment to feel like?**

During the treatment you should feel warmth and heat. There could be some temporary localized slight discomfort but make sure to provide ongoing feedback to the individual performing the treatment so he/she can make adjustments.

## **Do I need to do anything special before the treatment?**

Jewelry, make-up, including lotions, eyeliner and eye shadow should be removed from the treatment area prior to treatment. We also recommend that the patient hydrate well prior to the procedure.

## **Is there any reason I shouldn't have the ThermiSmooth treatment?**

Patients who are currently pregnant, have cardiac devices such as a pacemaker or defibrillator, mechanical valves, electrical device or cochlear implants should not have the treatment. The treatment is also not done over an active skin condition. Patients who are breast feeding are okay to be treated.

## **Will I need a numbing cream or anesthesia?**

No, no anesthesia or numbing cream is required.

## **How many treatments will I need to achieve my desired results?**

We recommend 3-6 treatments per area. Treatments should be spaced between one and three weeks apart.

## **How long will the treatment take?**

The treatment time will vary depending on how many areas you have treated. Each area is treated for approximately 15 minutes. Example: both eyes would be a 30 minute treatment.

## **Do the results last forever?**

No. It is recommended that patients continue an ongoing maintenance of their ThermiSmooth treatments. Timing is patient dependent and desired results. Clinical research has shown the effects may last 9-12 months, but results vary.

## **What can I expect after the treatment?**

The skin will likely appear pink in the treated area and you may have some mild swelling and redness. This typically subsides within 2-24 hours. You may resume normal activity immediately after the treatment is completed.

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## **Are there any preparation or pre-treatment requirements for my client prior to treatment?**

We recommend telling your client to stay well hydrated for at least two days prior to treatment.

## **What is the recommended treatment schedule?**

For optimal results patients should repeat their treatments every 1-3 weeks until they have completed their treatment package.

## **Can this treatment be used to smooth out acne scars?**

Yes

## **What are the recommended post treatment instructions?**

Typically, you may return to your normal activities after the ThermiSmooth® treatment. You should follow the medical advice of your physician regarding the care of your skin. This treatment does not cause photo sensitivity.

- o Wash skin with tepid water and a gentle cleanser.
- o If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until any pink has subsided.
- o Makeup (preferably mineral-based) may be applied immediately post treatment.
- o Soothing, non-irritating creams or moisturizers may be used.
- o Use a sun block with an SPF of 30 or greater if going out into the sun to help prevent future sun damage.

## **My patient expressed discomfort, what do I do?**

If a patient is experiencing discomfort it is recommended to decrease temperature, speed up the motion of the technique, and/or add more conductive gel.

## **Is patient consent needed from the client before treating?**

Yes a consent and medical history is needed prior to treatment. You can obtain a copy of this from your Partner Representative.