

What is Thermage?

Patients looking for a non-invasive solution to help correct areas of skin laxity and wrinkles in the facial area, may want to consider Thermage. It is a non-invasive radio frequency energy system that is geared toward the regeneration of the collagen in the skin. This procedure will benefit patients who are not quite ready for a face lift, but who would like to have the subtle appearance of tighter, more youthful skin on the face and eye area. Thermage can be used safely on all skin types in both males and females. Its volumetric and uniform heating is passed into the subcutaneous tissue layer causing immediate collagen contraction. This is followed by gradual collagen tightening, then a growth in collagen, which can tighten and firm the skin.

Pre-Treatment

We ask that you come to your appointment with cleansed skin and no contact lenses if treating the eye area. Photos will be taken upon arrival to document your process. Medications are sometimes given to the patient in order to decrease discomfort during the treatment, and, if medications are given, the patient will need to arrange for a ride home after the appointment and are not to drive anywhere for the remainder of the day.

The targeted treatment area is marked with a grid pattern that corresponds to the size of the treatment tip, the treatment area is then covered with a conductive fluid, which is used to enhance the radio frequency energy.

When patients are being treated for concerns around the eye area, eye shields will need to be worn. These plastic eye shields are gently inserted under the eyelids to protect the eye from the radio frequency. Patients tolerate this step very well and our staff are experts on getting these into the eye comfortably and safely.

Details of Procedure

You should expect to be at the clinic for approximately 3 hours or less depending on the area being treated. During the procedure cryogen cooling is used to protect the epidermal surface (upper layers of skin) before and after the application of the radio frequency. The patient will feel the cooling and heating sensation during this process.

Post-Treatment Care

There is minimal patient recovery time, though the patient may experience some redness in the areas that have been treated which usually disappears shortly after the appointment. There may also be some mild tenderness in the jaw line, which can persist for a number of weeks following treatment. Patients may experience a feeling of lumpiness under the skin. This is normal and will gradually subside. An SPF should be worn on a daily basis to reduce the breakdown of collagen from sun exposure. There are no restrictions on activities following the Thermage. Some patients will notice results soon after the treatment; however in most cases the results will be noticeable within 3-6 months.

Results can continue to improve up to one year following the procedure. Patients will need to schedule a follow-up appointment approximately 4-6 months following the procedure for post-treatment photos to be taken.

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It is recommended to wear glasses, and avoid wearing contact lenses for 24 hours after treatment to the eyes.

Possible Risks

There is a very small risk of the skin becoming burned during the procedure. This is a very rare and uncommon occurrence.

It is not a good idea to have the treatment if patients have any implanted electrical device including pacemakers, or implanted cochlear devices.

**Please Note -- We do require a 20 % deposit when booking all procedures in the Skin Spa.*

Also, due to the large volume of bookings, we do require 48 hours' notice of cancellation. The cancellation fee is \$50.00 +hst for every ½ hour of procedure time that is cancelled or \$150.00 +hst for consultation appointments that are cancelled without the required 48 hours' notice.

If purchasing packages of treatments, please be advised that packages must be fulfilled within a year from the date of the first treatment within the package.