



## BAY AREA COSMETIC DERMATOLOGY

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### PRE & POST CARE FOR THERMAGE

#### WHAT IS THERMAGE?

Thermage is a non-invasive radio frequency treatment that heats the deep, collagen-rich layer of the skin. This heat stimulates your skin and promotes the regeneration of broken-down collagen. By triggering the body's natural collagen production process, Thermage works to rejuvenate the skin for a smoother, tighter, more youthful appearance.

#### PREP FOR YOUR THERMAGE APPOINTMENT

- If possible, medications and supplements with blood thinning properties should be avoided for 10 days prior to and 3-5 days after treatment. Avoidance of these will optimize results and reduce bruising and swelling. Common blood thinning medications and supplements include: Aspirin, Ibuprofen, Vitamin E, Omega 3 fish oils, and flaxseed oil.
- **Please inform your provider if you:**
  - Are prone to cold sores or have a history of herpes simplex. If so, we will provide an antiviral prophylactic treatment at time of appointment.
  - Have a pacemaker, staples, pins or permanent piercings.
  - Have any facial tattoos or permanent makeup.

#### DAY OF TREATMENT

- Wear comfortable clothes.
- Remove all make-up and pull back hair from your face. We can also provide face wash at your appointment.
- You will be asked to remove all metal jewelry prior to your treatment. Most patients find it easier to not wear any jewelry to their appointment.
- If you are having a Thermage EYES appointment, please do not wear contacts to your appointment.
- Pain/Anti-anxiety medications (Valium and Hydrocodone) are available during your prep appointment. **If you choose to take either of these medications, you will need to arrange a ride after the procedure as you will not be able to drive.**
- Pronox (laughing gas) is also available in conjunction with the medications or can be used alone. Pronox is self-administered via inhalation, has a rapid onset, and short duration. If only using Pronox, you can safely drive after treatment.
- Photos will be taken prior to treatment which will be used for comparison at your follow up appointment.

#### WHAT TO EXPECT DURING A THERMAGE TREATMENT

- During the treatment you will experience mild to moderate heat. Most find this "spicy", but tolerable.
- Ultrasound gel is used throughout the treatment for cooling.
- Thermage appointments typically last 1 to 3 hours depending on areas treated.

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## WHAT TO EXPECT AFTER THERMAGE

- You can expect none or some of the following symptoms immediately after the procedure:
  - The treated area may look slightly pink or flushed which typically fades in 1-2 hours.
  - Tenderness in the treated area.
- The majority of Thermage treatments result in no downtime and you are able to return to your normal daily routine, skincare products and exercise program immediately after the procedure.

## WHEN WILL I SEE RESULTS?

- Your body responds to the pinpoint thermal injuries placed in the deep tissue by creating new collagen fibers. Collagen fiber formation can take several months, with full results expected 6 months after treatment. It is ideal to schedule a follow up appointment at this 6 month mark, during which we will take a second set of photos and assess results with you.
- Topical prescription skin care products help to maximize the treatment results by further stimulating collagen fiber formation through direct action of Growth Factors and exfoliation. These products are the number one way to enhance the results and the duration of Thermage.
- Thermage treatments are usually performed 1x/every 6-12 months. Depending on the laxity severity and age, we offer a full suite of non-invasive tightening devices (Emface, Ultherapy, Sofwaves) that can be used in the interval. Your provider will discuss next steps for your customized treatment plan.

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*If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.*

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.