



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR SOFWAVE

[Non-invasive Skin Tightening Treatment]

HOW DOES THE SOFWAVE TREATMENT WORK?

Sofwave uses ultrasound to heat the dermal tissue to stimulate collagen production.

HOW LONG IS THE TREATMENT?

The Sofwave face and neck treatment takes approximately 60-90 minutes depending on the amount of surface area to be treated. However, we recommend a 30 numbing cream appointment to make the treatment more tolerable.

IS THERE A DEPOSIT FOR THE PROCEDURE?

Yes, we require a \$500 deposit at the time of booking to hold your Sofwave appointment.

IS THERE ANY DOWNTIME ASSOCIATED WITH SOFWAVE?

- Typically there is no pain or discomfort after the procedure.
- Due to the gentle heat of the treatment, you may experience some minor redness and swelling. Typically, after the first few minutes, the skin returns to its normal appearance.
- Rarely, there can be minor swelling and redness that lasts longer.
- Icing post procedure can help this redness and swelling go away sooner and we are always happy to provide ice packs for use after the procedure.
- There is a small risk of bruising that can be exacerbated if you are taking any blood thinners including aspirin, ibuprofen, vitamin E, fish oil, or drinking alcohol. To lessen the risk of bruising please avoid 5-7 days before treatment.

WHAT SKINCARE PRODUCTS CAN I USE POST PROCEDURE?

Since the treatment avoids the superficial epidermis and instead penetrates the much deeper layers of dermis, you may return to your normal skincare routine, including active and/or medicated products immediately after treatment.

WHEN WILL I SEE RESULTS?

As the Sofwave procedure stimulates your own collagen production, it typically takes 3-6 months to see your final results. Some people may experience earlier results, but we encourage all patients to wait a full six months to reassess.

HOW DO I MAINTAIN MY RESULTS FROM SOFWAVE?

Treatments like Sofwave rebuild collagen, but a strong at-home skincare regimen improves the overall aging process, keeping your skin healthy and protecting your investment.

We recommend an anti-aging skincare regimen for all of our patients including Growth Factors, Retinol/Retinoids, Antioxidants and Sunscreen - 30SPF+ everyday. Your provider will recommend specific products best suited for your skin type and goals but some of our favorites include: [TNS Advanced+ Serum](#) and [Plated SkinScience](#) (Intense or Daily).

Sofwave maintenance treatments are recommended depending on your specific treatment and your goals. Your provider will give you more specific maintenance 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.