



BAY AREA COSMETIC DERMATOLOGY

tel (415) 292-6350 | fax (415) 440-6356 | weloveskin.com

PRE & POST CARE FOR TIGHTSCULPT [FOTONA T-RUNNER® BODY TIGHTENING]

WHAT IS TIGHTSCULPT?

TightSculpt uses the T-Runner® mode on our Fotona system. It is a high-speed, bulk-heating treatment designed to tighten skin and improve body contour by stimulating collagen remodeling in the deeper dermis and subcutaneous tissue. It delivers controlled thermal energy over large treatment areas, heating tissue to collagen-remodeling temperatures without damaging the skin surface. This stimulates new collagen and elastin production and causes collagen contraction, leading to gradual skin tightening, improved mild to moderate skin laxity, and a smoother, less crepey skin texture.

IS TIGHTSCULPT RIGHT FOR ME?

TightSculpt works best for patients with:

- Mild to moderate skin laxity
- Post-weight-loss looseness
- Post-pregnancy abdominal laxity
- Aging skin with crepey texture
- Areas treated: abdomen, upper arms, thighs, knees, buttocks, bra-line area, flanks, neck

Patients with significant excess skin generally require surgical excision for dramatic improvement. Compared to other devices, TightSculpt is more comfortable than RF microneedling and faster for large body areas, making it a good option for maintenance tightening. It is best performed as a series of treatments rather than a single session.

HOW TO PREPARE FOR TREATMENT

Topical numbing is applied for approximately 20 minutes prior to treatment. Photos are typically taken before your session to help track progress.

WHAT TO EXPECT AFTER TREATMENT

Following treatment, it is normal to experience:

- Mild redness and warmth in the treated area
- Slight swelling
- Mild tenderness or sensitivity
- A temporary sensation similar to a mild sunburn

These effects typically resolve within a few hours to several days. No special wound care is required, since the skin surface remains intact.

IMMEDIATELY AFTER TREATMENT

- Keep the treated area clean and dry.
- Apply a gentle moisturizer if desired.
- Cool compresses may be used for comfort if warmth or swelling occurs.
- Stay well hydrated.

ACTIVITIES

Most patients may return to normal activities immediately. For the first 24–48 hours, avoid:

- Hot tubs and Jacuzzis
- Saunas and steam rooms
- Very hot showers or baths
- Excessive sun exposure
- Activities that cause excessive sweating if the treated area feels sensitive

Normal exercise may be resumed as tolerated.



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SKIN CARE

You may resume your normal skincare routine immediately. Recommended products include gentle moisturizers, hydrating serums, and growth factor products such as Plated® Calm or Gold, Alastin Transform, Alastin® Regenerating Skin Nectar, or other physician-recommended skincare products. If the treated area is on the body, regular body moisturizers may be used as desired.

SUN PROTECTION

If the treated area will be exposed to the sun, apply a broad-spectrum sunscreen SPF 30 or higher daily, reapply when outdoors, and wear protective clothing when possible. Although TightSculpt is non-ablative, protecting the skin from excessive UV exposure helps support optimal collagen remodeling.

WHAT TO AVOID

For 3 to 5 days following treatment, avoid:

- Aggressive exfoliation and chemical peels
- Retinoids on treated areas if irritation is present
- Harsh scrubs or abrasive treatments

Resume these products once the skin feels completely normal.

WHEN TO CONTACT OUR OFFICE

Please contact our office at **415.292.6350** if you experience:

- Severe or worsening pain, or significant swelling
- Blistering or signs of infection
- Persistent redness lasting more than several days, or any unexpected reaction

HEALING TIPS

- Stay well hydrated and maintain a healthy skincare routine.
- Avoid smoking, which can impair collagen production and wound healing.
- Follow your provider's recommendations regarding maintenance treatments.

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 at 415-292-6350.