

The skin tightening Refirme treatment stimulates long term collagen growth as well as tightening existing collagen fibers which gives an immediate firmed or tightened appearance. Recommended is 3-6 treatments every 4 weeks. Treatment duration is 30 minutes to 1 hour. Maintenance of one session may be needed every 3-6 months. Skin tightening can be combined with skin rejuvenation, or wrinkle treatment in the same treatment session.

PRE-TREATMENT INSTRUCTIONS:

- Avoid skin irritation or skin tanning. Apply sunscreen (UVA/UVB SPF 30 or higher) when outdoors
- Discontinue any irritant topical agents 2-3 days prior to treatment
- On the day of treatment, do not use lotion, make-up, perfume, powder, bath/shower oil in the area to be treated
- You may feel sensitivity to areas with dental crowns, caps, braces, or other metal implants. We may use dental rolls, gauze, or tongue depressor to make the treatment more comfortable.

POST-TREATMENT INSTRUCTIONS:

- Use sunblock (UVA/UVB SPF 30 or higher) and avoid sun tanning in treated areas
- Some redness and swelling in treatment area is expected. Use cold compress to reduce symptoms.
- Wash gently and do not use abrasive products in treated areas for 3 days.
- Do not take a hot bath, sauna, hot tub, or expose treated area to heat for 3 days
- If scabbing or crusting occurs, do not scratch or remove

Possible side effects:

- Discomfort or pain during treatment
- Temporary redness and swelling in treatment area
- Superficial crusting, scabbing, blistering in treatment area
- Temporary changes in skin tone
- Temporary or permanent (very rare) discoloration or textural changes in skin
- Call the office at the first sign of a blister, or if you have other concerns

If you have additional questions prior or after your treatment, please call our office at: **(408) 295-2580**