

Thermage®

What to Expect · Possible Complication

Do not have this procedure if: you have any **implanted electrical devices** such as:

- **Pacemakers**
- **Automatic Implantable Cardioverter//Defibrillator (AICD)**
- **Vagal Nerve Stimulator**

DESCRIPTION: Thermage™ is a non-invasive procedure that uses radiofrequency energy to smooth, tighten and contour the skin, while it stimulates collagen production. The newest 3rd generation Thermage CPT System has improved efficacy with greater patient comfort. The treatment is appropriate for face, neck, hands, and body.

LENGTH OF PROCEDURE: Half hour to 90 minutes depending on areas being treated.

RECOVERY TIME FROM TREATMENT: Return to work the next day.

TREATMENT FREQUENCY: Single treatment, but may be repeated periodically to maintain or improve results.

DURATION OF RESULTS: Procedure stimulates new collagen production for up to six months and can last for years depending on your skin condition and normal aging process.

PAIN: You will experience mild to moderate heat-related discomfort with the treatment. Most patients tolerate this procedure without pain medications or sedation. If you are anxious about the pain you may experience during the procedure, let us know and we can offer Conscious IV Sedation at an additional fee. If you choose to have sedation you would need a care giver to drive you to and from the appointment and stay with you after the treatment.

ERYTHEMA/BLANCHING: The treated area may become temporarily red (erythema) or white (blanching). Typically these types of response resolve within a few hours, however, on rare occasions erythema may last up to several weeks; blanching typically resolves within 24 hours.

SWELLING: Swelling (edema) may occur and typically resolves in 1 to 5 days, but can persist up to several weeks.

BRUISING: Bruising is a rare, but if you did have mild bruising it would dissipate within 7-14 days.

PIGMENT CHANGES: Pigment changes may occur. Cases of hyperpigmentation usually resolve over the course of time (within several months). Reported frequency is less than 0.05%. This could occur with darker pigmented skin and after exposure of the treated area to the sun. The treated area must be protected from exposure to the sun with sunscreen for at least 2-3 weeks after treatment to minimize

the chances of too much pigmentation. A reduction in pigment (hypopigmentation) is also possible, but this is very rare.

BLISTERS, BURNS, SCABBING, SCARRING: The procedure may produce heating in the upper layers of the skin, causing burns and subsequent blister and scab formation. Reported frequency for burns is less than 0.3%. There is a small chance of scar formation (rare) if a blister or burn occurs.

INFECTION: An infection is very rare following treatment. If an infection should occur it will require treatment.

ALLERGIC REACTION: There is a possibility of an allergic reaction to materials used during the Thermage procedure, for example; an allergic reaction to the ink used for marking the skin or 70% isopropyl alcohol. Let us know if you have known allergies to inks or isopropyl alcohol.

URTICARIA (ITCHING): There have been occasional reports of a mild to moderate transient itching sensation in the treatment area. This will resolve within a few weeks.

ALTERED SENSATION: Altered sensation described as “numbness”, “tingling” or “temporary paralysis”, may occur. Altered sensation typically resolves in a short period of time, but may persist up to several weeks. Reported frequency is less than 0.1%.

SURFACE IRREGULARITIES: Surface irregularities described as “small dents in the surface of the skin” have been reported with the early generations of this technology. These irregularities were not evident immediately post-treatment. In some cases these symptoms resolved over time, and in other cases the treating physician elected to use soft tissue fillers to treat the areas. Reported frequency is less than 0.1%.

NOTICEABLE DIFFERENCE: Because all individuals are different, it is not possible to completely predict who will benefit from treatment with Thermage treatment. Some patients will have outstanding results, while others may have mild improvement. Your physician has tried to predict as carefully as possible how you will do with treatment. It is also possible that additional treatments may be needed to achieve the desired end result, or that smaller touch-up procedures may be required. It is important to be aware that there is a fee associated with these additional procedures.

Essential Questions

1. Will Thermage skin tightening alone achieve my goals?
 - This is a tough question. Expectations and goals for cosmetic procedures can be quite high. The doctor needs to understand what you hope to see improved. If he feels Thermage will provide these goals he will tell you. Thermage cannot achieve surgical results so he might suggest you consider surgical options as well.
2. What will my skin feel like after the procedure?
 - Smooth, firm, refreshed
3. What is your experience with this procedure?
 - Ten years plus
4. Do you have the newest technology?
 - Yes, the CPT technology
5. Who will be performing my procedure, yourself or a member of your staff?
 - Dr. Nishioka

For additional information go to www.thermage.com