

# FAQ's

## What kind of results should I expect?

Everyone can expect some collagen tightening. Many patients have seen:

- Flatter, smoother skin on the tummy, legs, knees, buttocks or arms
- Tightening, firming and lifting
- Softened wrinkles above the knees
- Reduction of crepey skin
- Smoothed dimples for temporary improvement in the appearance of cellulite

## How does it work?

As you age, the collagen in your skin breaks down resulting in wrinkles and sagging skin. Thermage uses patented radiofrequency (RF) technology to safely heat the deeper layers of your skin, stimulating existing collagen and promoting new collagen growth for younger looking skin.

## How long will the results last?

The effects continue to improve for up to six months following a single treatment. Results can last for years depending on your skin condition and natural aging process.

## How long before I can return to my normal activities?

There's no special care needed after the procedure and most patients return to their regular activities immediately following treatment.

Side effects are generally mild and may include redness, swelling, blisters, bumps and rare instances of surface irregularities.

## Learn More About the Thermage Body procedure

No one likes what age does to our bodies. We'd all like to be a bit firmer and tighter than we are now. Ask your doctor if a Thermage Body procedure is right for you.

“Immediately after Thermage I lost 3 centimeters off my waistline and I was able to get back into my favorite pre-pregnancy jeans. Thermage did its part, now I am doing mine.”

Diana, Whittier, CA

“All the sit-ups in the world can't tighten loose skin, but Thermage can.”

Personal Trainer, Everett, WA

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Thermage Skin Tightening & Contouring

boost  
your body  
confidence



live beautifully.

thermage®

# Get Back the Younger Body You Used to Have

Thermage® procedures can help smooth, tighten and deep contour skin for an overall younger looking appearance without surgery or injections.

**Single treatment.** Generally, some improvement is immediately visible and continues for up to six months.

**Little to no downtime.** After treatment, you can quickly get back to your normal routine.

**Color blind.** Unlike lasers, Thermage procedures work on all skin types and colors.

**The year round procedure.** After a Thermage procedure, you do not have to avoid the sun as with laser treatments. Schedule your Thermage procedure in the summer or any time that's right for you!

## Smoothing and Tightening

Tummies, knees, legs, arms and hands can be areas that show signs of aging. Thermage has developed procedures that are designed especially to help smooth and tighten wrinkled, crepey and sagging skin on these body areas.



BEFORE THERMAGE



6 MONTHS POST TREATMENT

Photographs courtesy of Richard Asarch, M.D.



BEFORE THERMAGE



2 MONTHS POST TREATMENT

Photographs courtesy of Solta Medical Aesthetic Center



BEFORE THERMAGE



2 MONTHS POST TREATMENT

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## Contouring and Body Shaping

Many women after pregnancy or weight loss find it difficult to get back their shapes and want to tighten sagging skin and unwanted bulges. Thermage helps tighten, firm and shape arms, thighs, buttocks and tummies.



BEFORE THERMAGE



6 MONTHS POST TREATMENT

Photographs courtesy of Dr. Bill Johnson



BEFORE THERMAGE



6 MONTHS POST TREATMENT

Photographs courtesy of Julio Barba, M.D.

Before and After photos are un-retouched and represent patients who have had significant results. Individual results may vary.