

ReFirme® Skin Tightening

Tighten and firm your skin for a younger looking you. The ReFirme® Skin Tightening offered in our office is a procedure that is a quick, safe, non-surgical process that is effective for skin tightening, wrinkle reduction and full face and neck rejuvenation. The ReFirme® ST system uses an infrared light source to tone and tighten skin and reverse the signs of aging. This innovative procedure heats deep layers of skin, causing collagen contraction and long-term collagen rebuilding, leaving you with younger looking skin.

Pre-Treatment Instructions

- Avoid skin irritation or intentional skin tanning. Sunscreen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Arrive to treatment with clean skin. There should be no lotion, make-up, perfume, powder, bath/shower oil present on the skin in the area to be treated.
- Advise the treating medical professional if there are any dental crowns, caps, braces, or other metal dental implants. These areas may be more sensitive to treatment and the medical professional may use gauze to isolate the area and make the treatment more comfortable.

Post-Treatment Instructions

- Protect the treated area with SPF 35 or higher sunblock and avoid intentional sun tanning in first several days following treatment.
- Some redness and swelling in the treated area is expected. You may use cold compresses to help reduce these symptoms.
- Wash the area gently and do not use harsh and/or abrasive products in the treated area for 3 days.
- Do not take a hot bath, use a sauna, hot tub, or expose the treated area to excess heat for 3 days.

If you have any questions or concerns, please don't hesitate to call the nurse.