

## Advanced Dermatology Care

### *Advanced Esthetics*

## **Accent Body Shaping**

This non-invasive, non-ablative treatment is used for skin tightening, softening of wrinkles on the face and body, and for reducing cellulite and sub-dermal fat, especially in localized areas of unwanted fat. This treatment uses radio frequency technology to improve cellulite symptoms through 3 mechanisms:

- Deep dermal heating/tightening
- Enhancement of blood microcirculation and lymphatic drainage of trapped fatty deposits and toxins
- Thermally induced fat cell dissolution (increasing fat cells' metabolism shrinks the volume of stored fat in each cell).

The result of the controlled thermal injury results in tissue shrinkage, followed by an inflammatory response and migration of fibroblasts into the area creating new collagen tissue and tightening of the skin.

Accent Body Shaping treatments are frequently combined with Lipodissolve injection treatments for permanent, long lasting results.

### **Common Side Effects:**

- Heating sensation – expected to be mild and resolve within a few minutes.
- Pink/Redness (Erythema) – likely to disappear within 24 hours.
- Dry Skin – may occur during the first 12 hours post treatment. Usually it will resolve spontaneously within 48 hours. Moisturizing lotions and/or creams are helpful.

**Uncommon Side Effects:** There is the chance of burns/blisters, infection, scarring, permanent discoloration, etc., but these are not commonly experienced.

### **Before Treatment:**

- Avoid alcohol for at least 3 days prior to treatment
- Drink plenty of fluids daily (4-8 glasses recommended)
- Eat something salty the night before the treatment (chicken soup, etc)

### **Following Treatment:**

- Drink 2 glasses of water immediately after the treatment.
- Drink plenty of water (at least 8-10 glasses a day) for 3 days following the treatment. Avoid coffee and alcohol, as these cause dehydration and drain water from the body and skin.
- Avoid excess exercise and sweating, hot baths or saunas for 3 days following treatment.
- Do not wash the treatment area with hot water for the remainder of the day following treatment.

### **Treatment Time:**

Depending on the size of the treated area, a treatment for one area may take up to 60 minutes.

### **Treatment Frequency:**

For optimal results, a series of 6 treatments is recommended, scheduled at 2 week intervals. Over time, and with follow-up procedures, your skin will continue to tighten as new collagen develops.

### **Who should not have Accent Body Shaping includes individuals with:**

- Active collagen or vascular disease
- Uncontrolled high blood pressure, diabetes, kidney problems, or other poorly controlled diseases
- Phlebitis and blood clotting disorders
- Pacemaker

- Large dental or other metallic prosthetic implants in the area to be treated
- Chronic skin conditions / irritated skin
- Pregnant or nursing
- Have taken Accutane within the last 6 months
- History of any skin malignancy within the last year

**To determine if you would benefit from Accent Body Shaping, please call 651-484-2724 to schedule a consultation at Advanced Esthetics.**