

## **Frequently Asked Questions About Thermage CPT:**

### **1) Is Thermage CPT painful? What will I feel during a Thermage treatment?**

Thermage CPT is the latest in the Thermage system. During treatment, you will feel warmth on your face or body followed by a cold sensation. Some areas on your face or body will feel more of the Thermage treatment. You may feel a "pinched" sensation in these areas. The treatment can be done with vibration, which reduces any uncomfortable sensations.

### **2) What is the recovery time for Thermage? Can I go out later that day after my treatment?**

There is no downtime required after your Thermage treatment. Your face will appear normal after the treatment. Most people experience a subtle rosy glow and a little skin tightness for a few days immediately following treatment. Your skin will also feel a little smoother right after the treatment. Since this is a completely nonsurgical method for skin tightening, patients can return to their normal activities immediately.

### **3) I read a few mixed reviews about Thermage treatments. I don't understand why some people got great results while others didn't.**

It is hard to say what exactly contributes to these mixed positive and negative opinions of Thermage. But I think it could be due to a few factors. Thermage was invented about 10 years ago. It has evolved through several generations of technology. We know the older version of Thermage is not only uncomfortable, but also more prone to complications and poor results.

My experience with the latest Thermage CPT has been a very positive one. This improved version promotes more collagen growth and yields more effective skin tightening results, while delivering treatment comfortably and safely.

As a physician, I think it is important to educate my patients. Thermage CPT face treatment can consist of 600, 900 or even 1,200 radiofrequency pulses. So the treatment protocol and pulses delivered could be very different from one physician or nurse to another. This may explain the difference in Thermage treatment outcomes. More radiofrequency pulses mean more collagen production in the treated areas, which translates to more skin tightening and younger facial contours.

Currently in my practice, I use 1,200 pulses on the face and neck. I deliver each pulse with precision and at the maximum level that a patient is comfortable with. I tailor my Thermage treatment protocol specifically to a patient's problem areas, and I have seen great results in my practice.

### **4) Why is Thermage CPT superior to other nonsurgical skin tightening treatments such as Ulthera or Titan?**

Each type of treatment has its own advantages. But, I do think that Thermage CPT is the best nonsurgical skin tightening treatment on the market. First of all, though results from Thermage CPT, Ulthera and Titan are similar in achieving skin tightening, Thermage CPT is the most comfortable. Secondly, when it comes to facial aging, one cannot ignore the importance of eyelid lifting and tightening. Currently only Thermage has a treatment dedicated to rejuvenating the eyelid area.

### **5) How do you compare Thermage CPT face treatment with surgical face lift?**

Thermage CPT is a nonsurgical facial tightening treatment. We all know what a facelift is. The reasons that my patients choose Thermage over a surgical facelift are: they are not emotionally ready for a surgical procedure to change their facial features; they dislike the recovery time or the general anesthesia and risks involved with a facelift; and/or they want to look younger but still look like themselves and retain a natural look, without friends and family knowing that they had some "work" done.

**6) Should I wait for my face and eyes to sag more before I get Thermage treatment?**

Since the Thermage treatment is based on collagen regeneration, it is advised that treatment be done as soon as you see signs of unwanted sagging. Waiting is fine, but if you wait too long, the result of skin tightening after one treatment may be less ideal to you and you may need a second "booster" treatment in the future.

**7) How many Thermage treatments will I need? Is this a permanent treatment?**

Thermage is based on stimulating more collagen production, and the collagen produced is here to stay with you. With just one Thermage treatment, you should see noticeable changes of skin tightening. If you wish to "reverse the clock" of aging more, then I recommend a second treatment one year later.

**8) I am a male patient. Do you think Thermage treatment would suit me?**

Thermage CPT is great for men too. It not only tightens the skin and rejuvenates facial contours, but also enhances the masculine look of a man's facial features. A prominent jaw line and chin are masculine features on a man. Thermage tightens skin to bring definition to these facial features.

Also, unlike a surgical eyelid lift which runs the risk of making the eyes look too wide, Thermage eyelid treatment lifts the eyelids without changing the shape. An interesting study has shown that women find men who have smaller eyes sexy. Think Brad Pitt and Daniel Craig. Wide and more surgically opened eyes are considered feminine traits.

**9) I have had Juvederm or Botox on my face. Is it possible for me to have Thermage now?**

Previous Botox or filler injections should not affect the outcome, nor would Thermage treatment change the results of previous Botox or Juvederm treatments. However, as Thermage lifts and tightens your skin, your smile lines will decrease, with or without previous filler treatments. I recommend Botox treatment as a way to preserve your facial rejuvenation following Thermage. Therefore, you will probably notice that you don't need Botox as frequently as you did before Thermage treatment.

**10) Can I have Thermage treatment solely on my chin or forehead, to reduce the cost of the treatment?**

I think of the face as a whole canvas. When it comes to facial contouring, I need to provide tightening and collagen production throughout the face and neck area to achieve noticeable results. I thoroughly educate my patients so that they understand that if I treat just their chin or forehead or cheeks, they won't see noticeable results. The treatment could be cheaper, but if it didn't work to their satisfaction, it would be a waste of money in my opinion. So I don't suggest or do partial facial treatment in my practice. Having said that, if the patient returns a year later and wants more tightening in one area, I will do a localized treatment; although, I still think that a whole face and neck treatment works much better, even as a follow-up treatment.