



The Aesthetics Center at Women's Care

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ReFirme – Skin Tightening

Pre-Treatment Preparation

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to ReFirme ST treatment.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, or bath/shower oil present on the skin in the area to be treated.

Treatment Protocol

- The number of ST treatments depends on the patient and typically varies between **3-5** sessions, every **3-4** weeks. More sessions may be needed for aged skin.
- One touch-up session may be needed every ~6 months, according to the individual's response, due to natural processes of aging.

Post-Treatment Care

- Some redness and swelling in the treated area is expected. Use cold compresses to help reduce these symptoms. Mild hydrocortisone ointment may be applied. Rare blistered or ulcerated skin can be treated with a prescribed antibiotic ointment or burn treatment cream.
- During the first two days following treatment, care should be taken to prevent trauma to the treated area by washing the area gently, without the use of abrasive and harsh products or excess heat.
- If superficial crusting or scabbing occurs, do not rub, scratch or remove the scab. Cleanse the area gently and pat dry.
- The patient should use a high factor sunscreen (>30 SPF) and protect the treated area from sunlight for at least two weeks following treatment.