

NOTE

In case of uncertainty regarding potential side effects, have the patient consult his/her physician and bring a written consent form to the treatment.

RF- Based Contraindications

- **Cardiac pacemaker, defibrillator, or other implanted electrical device**
Cardiac pacemakers, defibrillator or other electrical devices implanted in the body may become dysfunctional if exposed to electromagnetic fields, such as RF energy.
- **History of hip replacement, hip or femur surgery, or other metallic implants (such as gold threads) in the treatment field**
Any implanted metallic device causes an increase in the magnetic field, and may result in potentially dangerous heating of certain areas of the body.
- **History of cancer, active/recent malignancy or premalignant moles (especially malignant melanoma or recurrent non-melanoma skin cancer, or pre-cancerous lesions such as multiple dysplastic nevi)**
- **Any skin disease in the treatment area**
Heat may have harmful effects on various skin diseases, which may be aggravated by high temperatures.
- **Any history of disease in the treatment area which may be stimulated by heat, such as Herpes.**
Virus latency, the ability of a pathogenic virus to lie dormant within a cell for the host's life span, tends to be stimulated by heat.
- **Sunburns in the treatment area**
- **Use of Accutane (Isotretinoin) within the past 6 months and fragile, sensitive and dry skin**
Accutane causes the skin to become highly sensitive and tends to create scars relatively easily (please note that waxing the body is also not recommended 6 months after using Accutane).
- **Treatment over tattoo or permanent makeup in the treated area**
Tattoo and permanent makeup are metallic pigments (black, brown and red ink which are made of iron) that lack heat stability and burn when processed in temperature exceeding the metallic pigments.

- **Pregnancy (including IVF)**

RF energy has an adverse effect on a developing embryo, developing cells, and the fetal heartbeat.

- **Blood coagulopathy or excessive bleeding or bruising**

- **Use of blood thinning medications, whether prescription or over-the-counter medication** (including Coumadin or other prescription blood thinners, corticosteroids, aspirin or aspirin-containing products, chronic use of NSAIDs, garlic supplements, ginkgo, ginseng, St. John's Wort, fish oil, etc.)

Hemorrhaging can become uncontrollable when the body's mechanism for blood clotting is impacted. Any skin wound, even a scratch, may lead to hemorrhaging. Consumption of blood thinning medications results in coagulopathy of the blood.

- **History of deep vein thrombosis**

Thrombosis is the formation of a blood clot ("thrombus") in a deep vein. Patients with a history of deep vein thrombosis are usually prescribed blood thinning medication. (See above)

- **Uncontrolled thyroid disease, any endocrine disorder, such as diabetes. Lactating women (3 months post nursing and 6 months after the delivery)**

All of the above involve changes in hormone production; hence, we cannot foresee the results and cannot give an estimated time for the treatment course. Moreover, the impact of the treatment is limited by the lack of homeostasis.

- **Any prior aesthetic or medical surgery affecting the treating area or before complete healing (liposuction, subcision), 3 months prior to the treatment.**

After any surgery, recovery time is required. Patients who would like to start before the recovery time period ends should consult with a doctor and bring a written consent form for the treatment.

- **Patients prone to Keloid scars or impaired wound healing**

- **Use of drugs that influence the immune system and impaired immune system (such as HIV)**

- **Hepatitis or liver disease**

Liver damage, especially scarring of the liver (i.e. cirrhosis) can lead to weight loss, easy bruising, bleeding tendencies and peripheral edema (swelling of the legs).

Additional Contraindication for V-ST

- **Do not treat patients who have undergone synthetic filler procedures (i.e. silicon and Artecoll) in the designated treatment area**

Synthetic fillers are permanent and are associated with melting or migration following any exposure to heat application.

Please note that some of the fillers are “heat resistant”. In these cases, treatments may start two weeks after the filler procedure.

- **Patients who received Botox injections should avoid any treatment for 5-7 days thereafter**

The main action of the botulinum toxin (Botox) is to selectively paralyze the muscles by preventing the release of acetylcholine, which causes wrinkles by excessive contraction. Therefore, any application applied on the skin and the underlying fat layer is allowed almost immediately after.

- **Patients who have undergone chemical peels (Alpha hydroxy acids (AHAs) such as glycolic acid, Beta hydroxy acid (BHA), Jessner's peel) or natural fillers (Hyaluronic acid, Collagen) should avoid treatment for at least two weeks before beginning a skin tightening treatment**

- **Patients should wait at least 3-6 months after deep chemical peels (Phenol, Trichloroacetic acid - TCA) and/or ablative laser treatments**

Deep chemical peels and laser skin resurfacing treatments have a lengthy recovery time therefore RF treatment is not recommended in the first 3 months.

- **Patients should discontinue any irritant topical agents for 2-3 days prior to the treatment**