



## What Are FaceTite and BodyTite?

FaceTite and BodyTite are advanced, minimally invasive cosmetic treatments that use **radiofrequency-assisted lipolysis (RFAL)** to tighten skin, reduce fat, and contour the face and body. These procedures offer a safe and effective alternative to traditional surgery with less downtime and discomfort.

## How Do They Work?

FaceTite and BodyTite employ radiofrequency (RF) energy to target problem areas. The process involves:

1. **Fat Reduction:** The RF energy melts fat cells, which are then either naturally absorbed by the body or removed through a small cannula.
2. **Skin Tightening:** RF energy stimulates collagen production and contracts existing collagen fibers, resulting in firmer, smoother skin.
3. **Sculpting:** The combined effects of fat removal and skin tightening create a more contoured and youthful appearance.

A thin probe is inserted beneath the skin to deliver controlled RF energy, while an external electrode ensures precision and safety.

## Treatment Areas

**FaceTite** is ideal for smaller areas, such as:

- Jawline
- Neck
- Cheeks
- Jowls

**BodyTite** is designed for larger areas, including:

- Abdomen
- Thighs
- Arms (bat wings)
- Bra line
- Back

## Benefits of FaceTite and BodyTite

- **Minimally Invasive:** Small incisions with minimal scarring.
- **Dual Action:** Reduces fat and tightens skin in one procedure.
- **Quick Recovery:** Shorter downtime compared to traditional surgical options.
- **Natural Results:** Gradual improvement over several months.

## Who Are Ideal Candidates?

FaceTite and BodyTite are suitable for:

- Individuals with mild to moderate skin laxity.
- Those with localized fat deposits resistant to diet and exercise.
- Patients seeking a non-surgical alternative to facelifts or body contouring.

**Not recommended for:**

- Pregnant or breastfeeding individuals.
- Patients with severe skin laxity (surgical options may be better).

- Those with active infections or certain medical conditions.

## Procedure Overview

1. **Consultation:** Your provider will evaluate your needs and recommend a tailored treatment plan.
2. **Preparation:** Local anesthesia or light sedation ensures your comfort during the procedure.
3. **Treatment:** A thin probe is inserted beneath the skin, delivering RF energy to melt fat and tighten skin. The external electrode ensures precise energy delivery.
4. **Duration:** FaceTite typically takes 1-2 hours, while BodyTite treatments may take longer depending on the size of the area.
5. **Recovery:** Most patients return home the same day.

## Post-Procedure Care

- **Compression Garment:** Wear the recommended compression garment to minimize swelling and support healing.
- **Rest:** Limit strenuous activities for at least 1-2 weeks.
- **Wound Care:** Keep the treatment area clean and follow instructions for incision care.
- **Hydration:** Drink plenty of water to aid healing and collagen production.

## What to Expect After Treatment

- **Swelling and Bruising:** Mild swelling and bruising are normal and usually resolve within 1-2 weeks.
- **Initial Results:** Some improvement is visible immediately, with full results developing over 3-6 months as collagen production continues.
- **Downtime:** Most patients resume light activities within a few days.

## Potential Risks and Side Effects

While FaceTite and BodyTite are generally safe, some potential side effects include:

- Temporary redness, swelling, or bruising.
- Mild discomfort or numbness in the treated area.
- Rare risks, such as burns or uneven results (discuss with your provider).

## Long-Term Results and Maintenance

- **Results Longevity:** With a healthy lifestyle, results can last several years.
- **Follow-Up Treatments:** Maintenance treatments may be recommended for optimal results.
- **Skin Care:** Use sunscreen and follow a consistent skincare regimen to protect your results.

## Is FaceTite or BodyTite Right for You?

These procedures are an excellent choice for individuals seeking significant skin tightening and body contouring without surgery. A consultation with a qualified provider will determine if FaceTite or BodyTite is suitable for your goals.