

ThermiTight is the latest minimally invasive technology to tighten sagging skin on the face, neck, and body with little downtime. ThermiTight is a single-treatment solution without surgery, and it is a type of dermal heating that uses radiofrequency energy. It can be used on areas of the face or body that can benefit from skin-tightening or lifting. These areas include the face, neck, breasts, abdomen, back, upper arms, and thighs.

## BENEFITS

- Non-invasive and works on all skin types
- Very safe, with no downtime
- Gentle deep-tissue heating without pain
- Tightening of sagging skin without surgery

## HOW IT WORKS

ThermiTight works by delivering radio frequency (RF) energy underneath the skin, heating the structural tissue and causing contraction and tightening, which improves laxity and sagging.

## WHAT TO EXPECT

When you visit the UAB Cosmetic Dermatology and Laser Clinic for this procedure, the area of loose skin or excess fat is numbed with local anesthesia. A micro-incision is then made in the skin, and the ThermiTight probe is inserted in the area. Our micro-incision is so tiny that stitches are not required. The ThermiTight electrode delivers RF energy to heat the tissue to a safe temperature while simultaneously measuring the real-time temperature at its tip. In addition to the internal temperature, we use an external video camera to measure the actual external temperature of the skin. The ThermiTight treatment typically takes one hour.

## RESULTS

Results with ThermiTight develop gradually and are long-lasting. Most of our patients see their results in a few weeks, and typically there is some immediate tightening. Best results are seen 3-4 months after the treatment.

These treatments can be combined with Coolsculpting to also remove excess fat without surgery.

## RECOMMENDED SESSIONS

ThermiTight is typically a single-treatment solution for loose skin anywhere on the body. However, since it is a minimally invasive procedure without surgery, some patients decide to have the treatment again.

## POSSIBLE DOWNTIME

- Some flushing and swelling are common 2-3 days after treatment.

## POST-TREATMENT CARE

- Most patients can resume normal skin care activities immediately post-treatment.