



## PATIENT INFORMATION GUIDE

### ABOUT SECRET<sup>RF</sup>

Secret<sup>RF</sup> is one of the most technologically advanced forms of skin rejuvenation therapy available. Its powerful combination of fractional radiofrequency energy and minimally invasive micro-needles is ideal for non-surgical skin tightening, wrinkle and pore size reduction, acne and acne scar treatment, as well as axillary hyperhidrosis (excessive sweating) treatment.

All skin types can be treated by the Secret<sup>RF</sup> with minimal downtime.

### HOW SECRET<sup>RF</sup> WORKS

- Secret<sup>RF</sup> uses bipolar radiofrequency energy, delivered precisely and directly into the deeper layers of the dermis via minimally invasive micro-needles.
- This creates microscopic wounds (fractionated denaturing) in the dermal tissue. These in turn stimulate fibroblast activity, causing a significant increase in collagen production as well as tightening of elastin fibres and an increase in lymphatic flow.

### WHAT AREAS DOES SECRET<sup>RF</sup> TREAT?

Secret<sup>RF</sup> is ideal for treating

- loose skin and wrinkles on the face, around the eyes, the cheeks, jowls, neck, décolletage, arms and hands
- enlarged pores, facial veins, rosacea and flushing
- local areas of scarring
- acne and acne scars
- underarms for axillary hyperhidrosis (excessive sweating)

### WHAT RESULTS CAN I EXPECT FROM SECRET<sup>RF</sup> TREATMENT?

Depending on your specific treatment, you can experience some or all of the following:

- Collagen production and remodelling will occur approximately 4 - 6 weeks after treatment, and will continue for up to 3 months after each treatment.
- The skin can tighten and lift, pore size can reduce, skintone and texture can improve, and pigmentation can lighten.
- You can expect to see a smoothing of wrinkles, and a reduction in the prominence of scars.
- If you are being treated for hyperhidrosis, there will be a permanent reduction in the number of sweat glands, and you could experience a reduction in sweat volume of up to 75% after two treatment sessions.

## HOW MANY TREATMENTS WILL I NEED?

- This will vary according to your individual situation and treatment. However, most people will benefit from 3-5 sessions of Secret<sup>RF</sup> treatment. Optimal treatment intervals should be determined in consultation with your practitioner, and will depend on the area being treated.
- For ongoing benefits, a bi-annual maintenance treatment is recommended.

## WHAT TO EXPECT DURING AND AFTER YOUR SECRET<sup>RF</sup> TREATMENT

- Your practitioner will examine your skin and your area(s) of concern. It is important to communicate clearly with your practitioner regarding your treatment goals. Secret<sup>RF</sup> is a powerful and versatile technology, and it enables your practitioner to tailor your treatment to suit your individual needs.
- An anaesthetic cream will be applied to your skin and will be left to take effect for up to an hour.
- During the procedure, your practitioner will move the handpiece progressively over the treatment area, pausing to 'stamp' your skin with the micro-needles that deliver the RF energy. You will feel a momentary warm prickling sensation. The intensity of this sensation will depend on the RF energy setting and the depth setting of the micro-needles.
- Secret<sup>RF</sup>'s micro-needles can penetrate from 0.5mm to 3.5mm, delivering precise bursts of radiofrequency energy to the exact depth required for the treatment.
- The treatment will take between 20 and 60 minutes, depending on the area to be treated.
- Immediately after treatment, your skin will be red and will feel warm and tingling, as if you have been sunburned. You will be sensitive to extreme temperatures, and it is wise to stay out of direct sunlight. The redness will subside over a period of 6-24 hours.

## POSSIBLE SIDE EFFECTS FROM SECRET<sup>RF</sup> TREATMENT

- Most patients are able to return to work and other normal activities the next day without any significant evidence of treatment.
- You could experience some minor pin-point bleeding where the micro-needles have pierced the surface of the skin.
- Very rarely there may be some minor bruising.
- Some mild swelling might occur immediately after treatment, but this will resolve within 24-72 hours.
- Very occasionally, a fine crust or scab might develop in parts of the treated area. This is quite normal. However, it is very important that you do not pick or rub this, but allow it to disappear naturally.
- You could see some temporary patterning of the treated skin.
- There is a very slight risk of infection, so it is important to keep the treated area clean. Your practitioner will advise regarding a cleansing routine, and any creams or lotions you may use.