



3221 Voyager Drive
Green Bay, WI 54311
920-430-1348

ReFirme™ Skin Tightening

Tighten & firm your skin with this quick, safe, non-surgical treatment. Great for mild jowling, cheek descent, creepiness of the neck & chest, mild laxity and reducing the appearance of fine lines. The ReFirme™ ST system uses an infrared light source to tone & tighten skin and reverse signs of aging. This innovative procedure heats deep layers of skin, causing collagen contraction and long term collagen rebuilding.

The number of treatments depends on the condition of your skin & desired results. Some clients experience immediate results while others see a gradual change as new collagen is formed. We typically recommend a series of 3 or 5, every 3-4 weeks and then single treatments every 6-12 months to maintain your results.

Pre-Treatment

- Avoid intentional sun tanning, tanning beds and sunless tanning lotion. Use a broad spectrum SPF 30 sunscreen daily.
- Avoid waxing & use of retinoid (Tretinoin, Retin-A, etc.) 5 days prior to treatment.
- Discontinue use of Hydroquinone, glycolic acid, benzoyl peroxide, alpha & beta hydroxy acids or other exfoliating products 3 days prior to treatment.
- Please advise the treating medical professional if there are any dental crown, caps, braces or other dental implants. These areas may be more sensitive during treatment and we may use gauze to isolate the area to make treatment more comfortable.
- If you have a history of cold sores & take Valtrex or similar medication, begin a prophylactic treatment no later than the day of your treatment. If you develop a cold sore in the area to be treated, please notify us as your appointment will need to be rescheduled.

Post-Treatment

- Protect the treated area with a broad spectrum SPF 30 sunscreen daily and avoid intentional sun tanning.
- Some redness, swelling and a sun burn sensation in the treated area is to be expected. This typically resolves quickly, but may last up to 72 hours. You may use a cold compress to help reduce the symptoms. Advil, Aleve, ibuprofen, or Benadryl as directed may also be used if you do not have allergies to these products.
- Wash the area gently and do not use Hydroquinone, glycolic acid, benzoyl peroxide, beta or alpha hydroxy acids or exfoliating products in the treated area for 3 days following treatment.
- You may resume use of retinoid 1 week after treatment.
- Do not take hot baths, use a sauna, hot tub, or expose the treated area to excess heat or participate in any activity that will over heat you for 24 hours following treatment.

****Please contact Jennifer at 920-430-1348 with any questions or concerns.**