

# Emerge Medical Spa

## Thermage Pre and Post Care Instructions

Thermage is ideal for individuals with active lifestyles who do not wish to experience the healing time of ablative procedures or surgery. The procedure requires no "downtime" so patients can resume their regular activities shortly after treatment.

While Thermage is indicated for the treatment of wrinkles and rhytids, and patients can expect modest tightening of the skin, contouring of the treatment area, and collagen regeneration, the treatment is not intended to be a substitute for a surgical facelift or ablative skin resurfacing.

During the treatment, you will experience heat but should only experience moderate discomfort. The use of pain medication and/or a relaxant assists with the level of discomfort and is recommended for most patients. For your convenience, Emerge offers to call the appropriate prescription in to the pharmacy of your choice.

### **THERMAGE PRE-CARE INSTRUCTIONS and CONTRAINDICATIONS**

Contraindications include:

- Active implants, such as cardiac pacemaker.
- Permanent implant in the treatment area.
- Significant concurrent illness, such as diabetes, congestive heart disease, epilepsy and other neurological disorders, or active infection.
- Immunosuppressive diseases, including AIDS and HIV infection, or use of immunosuppressive medications.
- Pregnant or nursing patients.

### **THERMAGE POST CARE INSTRUCTIONS**

Topical Care:

- Please ensure that the area is well moisturized with frequent applications of a non perfumed topical moisturizer (Thermage and Emerge recommend the use of Skin Medica TNS Recovery Complex), ideally containing an SPF of 30 or greater for at least 1 week post treatment.
- Do not irritate treated area chemically (such as harsh acne products) or mechanically for 1-2 days after treatment.
- Makeup may be applied immediately after treatment.

Bathing:

- Wash treated area gently with mild soap and water. If treated area is irritated, the area should not be rubbed with a face cloth or towel. The area should be patted dry.

Avoiding the use of NSAIDs:

- Aspirin & aspirin containing products should be avoided for at least 2 weeks post treatment. You may Tylenol for discomfort if necessary.

Activities:

- PLEASE NOTE: If sedation medication was taken prior to treatment, do not drive or operate machinery for four hours after your treatment.
- For body treatments, a support garment, such as Spanx, should be worn at all times, except during sleep, for a minimum of 3 weeks post treatment.
- Provided that there is no persistent redness, blistering, or crusting present in the treatment area, you may resume all normal activities.

Adverse Events:

- Please contact your provider immediately if you notice any blistering, redness, crusting, tenderness, or any other changes that may concern you.

Follow- Up Photographs:

- Remember that Thermage continues to work gradually for approximately 6 months post treatment. You should return to Emerge for follow-up photographs at 4 and 6 month intervals to evaluate results.

**I have received a copy of the Pre and Post Treatment Instructions for Thermage.**

Patient Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_