



St. Teresa's Hospital  
聖德肋撒醫院

## Thermage Treatment

- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
- \* Lok Fu: 5 mins by taxi
- \* Mongkok: by red line minibus, get off at Lomond Road
- \* Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
- \* Mongkok East: about 5 minutes by taxi
- \* Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154

### Reference:

Sukal SA, Geronemus RG, Thermage: the non-ablative radiofrequency for rejuvenation. Clinics in Dermatology 2008; 26, 302-607

Effective date: 1/02/2022

PFE-EPI-5-E015

皮膚激光及整形外科中心

Skin Laser & Plastic Surgery Centre



# Thermage Treatment

## Skin Laser & Plastic Surgery Centre

1/F Block East, St. Teresa's Hospital

Tel:(852) 2200 3211

Working Hours:

09:00-19:00 (Monday to Saturday)

### Introduction

Thermage is a non-invasive treatment without surgery, injections and little to no downtime. It is a deep-heating technology with a smooth, flat tip handpiece to deliver radiofrequency which safely heats the layers of your skin. The cooling agent protects your skin simultaneously. The heat not only tightens collagen fibers that have become loose and stretched out with age, but also stimulates new collagen growth to make your skin feel thicker and smoother over time.

Usually after a single treatment of Thermage, prominent tightening effect will be shown immediately. Skin tightening and face contouring effect will be optimal in 2 – 9 months with its continuous progress. Effects usually can last 2-3 years, depend on the aging process of each individual. The treatment result may be varied with each individual.

Thermage also provide treatments for neck, eyes and other body areas.

### Before the Treatment

Oral pain-killers and topical anesthetic may be given by Doctor to soothe your uncomfortable conditions.

### Contraindications

Patients with either an implantable pacemaker, an Automatic Implantable Cardioverter/Defibrillator, or any other implantable electrical device are contraindicated, as these devices may be adversely affected by radiofrequency (RF) field or current.

### During the Treatment

1. You can discuss your expectations and questions on thermage treatment with your doctor during the consultation. Doctor will explain the therapeutic effects, possible side-effects and complications of thermage treatment to patient and informed consent will be signed.
2. Please remove all makeup and cleanse the treatment area.
3. Standardized clinical photo should be taken before treatment as documentation.
4. Doctor/healthcare professionals will ask about your allergy history and past health history.
5. Please inform the doctor/health professionals if you have abnormal feeling from the anaesthesia cream.
6. With each touch of the device, you will feel a temporary deep heating sensation with mild pain, followed by additional cooling. This shows that the collagen in deep layer of skin is being heated to a temperature for tissue contraction. Patient will be asked for the feedback on the level of heat sensation experienced during the procedure to adjust the treatment level setting. Inform the doctor immediately if you have any discomfort or abnormal feeling.

### After the Treatment

There may be mild redness in the treated area. It will be dissipated after a few hours, a cold pad is

not necessary. Temporary redness and edema may be occurred in individual and it will be dissipated after a few days.

Under rare conditions, long-lasting skin abnormal reactions may be occurred. Improper care of the treated area may increase the chance of scarring or skin textural changes.

### Care instruction after treatment

- Cleanse your skin with water or gentle cleanser.
- Protect your skin with mild, non-medicated moisturizer.
- Avoid excessive heat exposure e.g. rigorous exercises, sauna, and hot spring.
- Avoid alcohol drinking
- Apply sunscreen with at least SPF50 or above (anti-UVB) and PA ++++ (anti-UVA) in the daytime and outdoor activities.

### Risks

- ✘ Surface Irregularities
- ✘ Altered Sensation
- ✘ Burns, Blisters, Scabbing and Scarring
- ✘ Lumps/Nodules
- ✘ Pigmentary changes
- ✘ Bruising
- ✘ Erythema
- ✘ Swelling
- ✘ Reactivation of HSV (Herpes Simplex Virus)

327 Prince Edward Road  
St. Teresa's Hospital

Phone: (852)-22003434

Website: [www.sth.org.hk](http://www.sth.org.hk)