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# Skin Tightening

*(Non-surgical treatments to firm and smooth skin by stimulating collagen)*

## What Is Skin Tightening?

**Skin tightening** refers to non-surgical treatments designed to help skin look **firmer, smoother, and more lifted** by stimulating your body's natural **collagen and elastin**.

These treatments can be helpful for:

- Mild to moderate skin laxity (looseness)
- Crepey texture
- Early jowls or jawline softness
- Neck laxity
- Fine lines related to thinning skin

Skin tightening does not replace surgery for significant laxity, but it can offer meaningful improvement with **little to no downtime**.



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## How Non-Surgical Skin Tightening Works

Most tightening treatments use controlled energy to gently heat deeper layers of skin, triggering collagen remodeling.

Common technologies include:

- **Radiofrequency (RF)**
- **Ultrasound energy**
- **RF microneedling** (for texture + tightening)
- Other energy-based platforms depending on your office's devices

Your dermatologist will recommend the best option based on your skin type, goals, and desired downtime.

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## What Areas Can Be Treated?

Common areas include:

- Face (cheeks, jawline)
  - Neck
  - Under-chin area
  - Around the eyes (selected devices)
  - Abdomen
  - Arms
  - Knees and thighs
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## What to Expect During Treatment

Most treatments are performed **in the office** and typically take **30–60 minutes**.

**During your visit:**

1. Skin is cleansed
2. A topical numbing cream may be applied (depends on the device)
3. Treatment energy is delivered in a controlled pattern
4. Cooling and soothing products are applied afterward

You may feel warmth, pressure, or brief discomfort, but most patients tolerate treatment well.

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## When Will I See Results?

Skin tightening results are **gradual** because collagen takes time to rebuild.

Typical timeline:

- Some patients notice subtle firmness within **a few weeks**
- Best results often appear at **2–3 months**
- Collagen remodeling may continue for **up to 6 months**

Many patients benefit from a **series** of treatments and periodic maintenance.

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## Pre-Op Instructions (Before Skin Tightening)

### 1–2 weeks before

- Avoid sunburn and tanning
- Use broad-spectrum sunscreen daily
- Stop irritating skincare (retinoids, acids, scrubs) in the area **3–5 days before**, unless instructed otherwise

### Tell us before treatment if you:

- Are pregnant or breastfeeding
- Have a pacemaker or implanted medical device (important for certain RF treatments)
- Have a history of cold sores (if treating around lips—rarely relevant depending on device)
- Have active rash, infection, or open wounds in the area

### Day of treatment

- Arrive with clean skin (no heavy makeup, lotions, or oils on the area)
  - Plan to avoid intense heat/exercise afterward
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## Post-Op Instructions (After Skin Tightening)

### What's normal

- Mild redness or warmth for a few hours
- Slight swelling or tenderness
- Temporary sensitivity

Most patients return to normal activities the same day.

### Aftercare

- Use gentle cleanser and moisturizer
- Avoid hot showers, saunas, and strenuous exercise for **24 hours**
- Avoid aggressive exfoliation for several days
- **Sun protection** is important

## Call the office if

- You develop blistering, worsening pain, or unusual swelling
  - You notice signs of infection (spreading redness, pus, fever)
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## Who Is a Good Candidate?

Skin tightening is best for:

- Mild to moderate laxity
- People who want gradual improvement without surgery
- Patients who can commit to a series and maintenance when needed

Not ideal for:

- Significant loose skin (may require surgical options)
  - Patients expecting immediate dramatic lifting
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## Skin Tightening FAQ

### Is skin tightening the same as a facelift?

No. Skin tightening is non-surgical and provides gradual firming. A facelift provides more dramatic correction for significant laxity.

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### Does skin tightening hurt?

Most people feel warmth and pressure. Some devices are more intense than others, and numbing may be used depending on the treatment.

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### How many treatments will I need?

It depends on the device and your goals. Many people benefit from **3–6 sessions**, while others may need fewer with periodic maintenance.

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## How long do results last?

Results vary, but many patients maintain improvement for **6–18 months**, especially with good skincare and sun protection. Maintenance treatments may be recommended.

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## Can skin tightening be combined with Botox, fillers, or lasers?

Yes. Many patients combine tightening treatments with:

- **Botox/Daxxify**
  - **Dermal fillers (RHA)**
  - **IPL or fractional laser**
  - **Medical-grade skincare**
- Timing matters, and we'll build a safe plan.
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## Is skin tightening safe for all skin tones?

Many RF and ultrasound-based tightening treatments are safe across a wide range of skin tones. Your provider will select the safest option for you.

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## Is skin tightening covered by insurance?

Skin tightening is typically considered **cosmetic** and is not covered by insurance.

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