



Pre and Post Treatment Instructions

Sofwave

For your safety and in order to obtain optimum results, the instructions below should be followed

Sofwave is a nonsurgical face and neck lift that uses ultrasound to actually lift and tone loose skin without any downtime. Sofwave can also be used on other areas of the body for skin laxity, cellulite or scarring. This nonsurgical treatment uses ultrasound to specifically target the foundation below the skin by remodeling collagen - without cutting or disrupting the surface of the skin. It is also the only ultrasound skin lifting device that combines cooling technology with ultrasound technology which allows the treatment to be comfortable and decreases downtime.

Collagen is a natural protein that gives skin its youthfulness by keeping it firmed and toned. As we age, collagen loses its strength and its ability to stand up to the effects of gravity that pull the skin downward. Sofwave jumpstarts a repair process that strengthens your existing collagen and produces fresh, new collagen.

Sofwave uses Synchronous Ultrasound Paralleled Beams which pass through the outer most layer of the skin (the epidermis) and causes a heating effect in the mid-dermis. This heating of the mid-dermis is precise in depth and temperature which causes collagen fibers to regenerate without disrupting the epidermis. The Sofwave combines this heating technology with cooling technology to provide little to no discomfort and increased comfort.

Patients treated with Sofwave still have fresh young collagen after a year's time following the procedure, but skin continues to age. Future touch-up treatments can help keep pace with the aging process, which varies by individual. The majority of patients only need one treatment; however, some may benefit from more than one treatment (depending on how much laxity they have and their body's own biological response to the ultrasound and the collagen-building process).

There is no downtime and a low risk of complications with Sofwave treatments. The procedure has been cleared by the FDA after demonstrating safety in clinical studies, and tens of thousands of treatments have been performed safely worldwide. In addition, ultrasound energy has a proven track record, with use in the field of medicine for more than 50 years.

Comfort thresholds vary from patient to patient, but there can be some slight feelings of warmth while the ultrasound energy is being delivered. This is temporary and a positive signal that the collagen-building process has been initiated. There may be slight redness for up to one hour following the treatment.

A good candidate for Sofwave is someone with skin that has "relaxed" to the point of looking, and often feeling, less firm. A lowered eyebrow line or sagging skin on the eyelids, for instance, is often the first sign of "maturing" skin. Typically, those in their thirties and older who have mild to moderate skin laxity are candidates. While Sofwave is not a replacement for a surgical face lift, there are many people who want some lifting but are not ready for surgery, either mentally, financially or logistically. There are also younger people who want to "stay ahead of the game" as well as those looking to prolong the effects of cosmetic surgery.

- How to Prepare for your Sofwave Treatment:
 - Notify your provider if you have a history of cold sores/fever blisters. If we have prescribed an antiviral for you, please finish the entire course.
 - If you have no allergies or contraindications, you may take Ibuprofen 800 mg prior to your appointment.
- Your Sofwave Treatment Day:
 - Wear comfortable, loose clothing to your appointment.
 - Please come make-up free and remove jewelry.
 - Prior to your treatment, photos will be taken for comparison on your follow-up.
 - Numbing medicine will be applied to the skin immediately after photos are taken.
- What to Expect After Sofwave:
 - Immediately after the Sofwave treatment, the skin may appear slightly pink. Avoid taking anti-inflammatories, such as Ibuprofen, Naproxen or Celebrex for one month following your treatment. The inflammatory response in your tissue from Sofwave works in a positive way to stimulate collagen fiber formation and remodeling.
 - Makeup may be applied immediately after the treatment.
 - You may resume regular activities immediately after the procedure. There are no limitations to your activities other than what we have stated above. You will start to experience immediate tightening and toning of the treated areas after the procedure. Your results will continue for the next 6-12 months as your body builds collagen in the treated areas. We recommend follow-up appointments at 8 wks for photos.

PLEASE NOTE: THERE IS A \$250 CANCELLATION FEE IF YOUR APPOINTMENT IS CANCELLED WITHIN ONE WEEK

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date