Non- Ablative Radiofrequency is a safe, non-invasive, no downtime treatment; a cosmetic procedure that is clinically proven to tighten, contour and rejuvenate facial skin to help naturally restore a more youthful appearance. When the collagen in the layers of the skin breaks down due to sun exposure, family heredity, or the normal aging process, your face begins to sag and wrinkle.

This procedure is administered in a doctor's office using a technology that is FDA cleared in 2002 for the treatment of facial wrinkles, which utilizes a form of Radiofrequency energy to tighten existing collagen and stimulate new natural collagen production. Immediate results are visible and continue to improve for up to six months, although the results may last for years and are based on the patient's natural aging process. The procedure is fast and easy, and requires no downtime from normal activities. Unlike lasers, the procedure can be performed on patients of all skin color.

The procedure works by heating deep collagen fibers in the skin and underlying tissue, while protecting the skin's surface with a cooling device. A metal tip, attached to a handheld device, touches the skin, delivering the non-invasive radiofrequency energy deep beneath the skin. This deep uniform heating action causes the deep structures in the skin and underlying tissue to immediately tighten. Over time, new and remodeled collagen is produced to further tighten skin and renew facial contours. Depending on the size of the area to be treated, the procedure may take as little as 20 minutes or up to 1 hour. Your dermatologist will determine the course of treatment that is right for you, based on your needs and goals.

NARF can be used for fine lines and wrinkles over your forehead, around the eyes, the cheeks, the jowls, around the mouth, the laugh lines, the jaw line, under the chin or the entire face for a more complete facial rejuvenation. During the procedure you will experience a brief, deep heating sensation as the radiofrequency energy is delivered to your skin. Your feedback on the level of heat sensation experienced during the procedure will help guide your doctor to balance procedural comfort with maximum results. The procedure can be done using an anesthetic cream applied to the face, to help minimize the discomfort.

There is no need for any blood tests prior to the procedure. You can return to regular activities immediately following treatment and there is no special care after treatment. Some patients exhibit a temporary redness or minor swelling after treatment, this usually resolves within 24 hours. This procedure has an excellent safety record. However it cannot be done during pregnancy or if you have a pacemaker implanted in your heart.

Generally 6 to 8 sessions are done at intervals of 2 weeks and 1 session 3 months later, 1 annual touch up session may be needed to counter the natural progression of the aging process.