

ACCENT XL™ SKIN TIGHTENING

HOW DOES IT WORK?

The FDA approved Alma ACCENT® XL system combines two radiofrequency modes into one device, allowing for the delivery of volumetric RF thermography at different tissue depths within the body. The bipolar handpiece is aimed primarily for skin tightening while the unipolar handpiece will deliver deeper penetration for fat reduction and cellulite treatment.

HOW IS IT DONE?

The area to be treated will be marked into grids with a special pencil and then lubricated with a thin layer of oil. A laser guided thermometer measures the skin temperature, assuring that the tissue is being heated appropriately. The radiofrequency energy is delivered to the skin surface with continuous contact cooling, providing patient comfort and protecting the top layer of the skin.

WHAT IS IT USED TO TREAT?

Saggy skin - anywhere! The face, neck, chest, upper arms, back, abdomen, hips, thighs, buttocks, calves are all potential areas for treatment, both for the superficial skin tightening effects and the deep fat and cellulite reduction. It can be used either before or after liposuction to tighten the skin over the treated area.

DOES IT HURT?

By applying the RF bipolar energy at a higher frequency of 40 MHz (compared to 6 MHz with the Thermacool™ from Thermage or the 1Mhz with Syneron's Elos™), the Accent® provides a controlled and virtually pain free heating of the skin, with subsequent contraction of collagen tissue which tightens the skin. Although it is possible to use a topical anesthetic cream before hand, most patients choose not to, describing the treatment as a "comfortably warm" sensation.

HOW LONG DOES IT LAST?

According to the manufacturer, results are said to last 6 months to 2 years for facial tightening. Theoretically, since this treatment tightens existing collagen and induces new collagen rearrangement, the effect is permanent. However, we continue to age and lose elasticity in our skin, and diet and exercise certainly have a huge impact on our body fat. Regular exercise and proper nutrition are imperative to maintain improvements in cellulite and fat reduction, while sun protection and the use of proper skin treatments will help maintain skin tautness.

ARE THERE ANY SIDE EFFECTS?

There may be a heating sensation or mild discomfort during the treatment, which should disappear within a few minutes. Mild erythema (reddening of the skin) may appear and last up to 24 hours, and the skin may become dry, so using an emollient lotion after treatment is recommended. If an untrained practitioner administers the treatment improperly, a burn could develop. Obviously the

practitioners at Integrative Dermatology are properly trained to prevent any problems such as this.

CAN ANYONE BE TREATED?

Although there is no proof that this treatment could harm pregnant women, we suggest you come in after the pregnancy. Anyone with electrical devices in their body, such as pacemakers, should not be treated. People with metal implants or metal joint replacements should not have treatments over these areas. Treatment for patients 15-18 years of age requires parental consent.

HOW MANY TREATMENTS WILL I NEED?

For skin tightening, 3-4 treatments, spaced 3-4 weeks apart are recommended. For body contouring, fat reduction and cellulite treatment, a total of 6-8 treatments, spaced 1-2 weeks apart.

WHAT DOES IT COST?

This depends on the extent of the area treated – obviously larger areas will cost more. Since we recommend multiple treatments, packages are available which give a discount compared to individual treatments.