

Skin Tightening

Overview

Loosening of your skin is part of the aging process. As you get older, your skin produces less collagen and elastin—two essential proteins for supple, youthful skin. As a result, your skin loses its flexibility, wrinkles increase, and it gets saggy. Sagging skin can also happen due to weight loss.

If the appearance of your sagging skin bothers you, your dermatologist can help—numerous anti-aging and skin tightening cosmetic treatments exist to rejuvenate your skin, leaving you feeling refreshed and younger.



What is Skin Tightening?

Skin tightening is a cosmetic procedure that makes use of energy-based devices to tighten tissues and generate the production of collagen and elastin. Commonly used skin tightening treatments make use of either radio waves or ultrasound. They are non-invasive and non-surgical methods of treating the signs of aging.

- Radiofrequency or RF therapy

Also known as radiofrequency skin tightening or RF therapy makes use of radio waves to heat up your skin and stimulate the production of collagen and elastin. In addition, RF treatment also increases the rate of cell turnover, making your skin firmer over time.

- Micro-focused ultrasound (MFU)

This form of skin tightening makes use of ultrasound waves to target deeper tissues and rejuvenate your skin. It's commonly used to treat sagging on the mid and lower face without causing injury to the skin's outer layer, the epidermis.

What are the Uses of Skin Tightening?

Skin tightening treatments are a popular anti-aging therapy that your dermatologist can prescribe for different parts of your body.

It's commonly used to treat sagging skin on the:

- face and neck
- belly area
- upper arms
- inner thighs
- buttocks

Skin tightening works by heating up the tissues under your skin and stimulating the production of collagen and elastin. These two proteins are integral for skin elasticity, texture, and suppleness.

Treatment for Skin Tightening is Safe When Performed by a Board-Certified Dermatologist

A board-certified dermatologist can help determine if you're a good candidate for skin tightening treatments. Skin tightening is a safe, effective way to rejuvenate your skin. In addition, it's also non-invasive and painless.

Your overall health, target areas, and desired outcomes will be taken into consideration before an individualized treatment plan can be created for you. A series of treatments—six or more—are recommended before desired results can be seen. They are usually three or four weeks apart.

In order to maintain your skin, your dermatologist may also recommend maintenance sessions after the initial treatment.