

Thermage FLX: main indications and how to prevent adverse events

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Thermage is a nonsurgical treatment for sagging skin in the jowl, neck, and eyelids. Radiofrequency passed through cooled epidermis allows for radiofrequency-induced thermal damage to the dermis and deep dermal collagen (fibrous septae). The remodeling of the collagen leads to clinically discernible improvement in the sagging skin and skin quality; the remodeling of deep dermal collagen (fibrous septae) allows modeling of contours and improvement of the cellulite appearance. Non-invasive treatment of periorbital wrinkles and rhytids including upper and lower eyelids is available.

Thermage is a good treatment for anti-aging in variable part of face and neck. It induce bulk heating in the skin that is good for remodeling of dermis and fibrous septae. But, excessive heating might induce unexpected thermal injury on the patient's skin.

Appropriate patient selection, parameter setting, and treatment protocols are mandatory to achieve optimal clinical outcomes and avoid the adverse effect.

I would like to discuss about main indications and how to prevent the adverse events based on paper and clinical experiences.