

## VIVA (RESURFACING) = NANOFRACTIONAL RF

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“Through an array of small electrodes, NanoFractional radiofrequency energy is transmitted into the tissue, producing an injury in a certain pattern on the skin. The unaffected areas promote faster healing. The end result is an improvement in the texture of the skin to resurface and smooth.”

Treatment areas include: face, neck, upper chest, or hands

### EXCLUSION CRITERIA:

- Pacemaker/defibrillator
- Pregnancy or breastfeeding
- Permanent implant in the treated area, such as metal plates and screws, or injected silicone
- Impaired immune system, whether due to immunosuppressive diseases, such as AIDS and HIV, or the use of immunosuppressive medications
- Epilepsy or history of seizures
- Severe medical conditions, such as cardiac disorders or diabetes mellitus
- Currently under treatment for cancer
- Demyelinating or Degenerative neurological diseases
- Uncontrolled disorder of the thyroid gland
- CURRENT use of Isotretinoin (e.g., accutane) or within last 6 months
- Any surgical procedure (Face-lift or eyelid surgery) in the treatment area within 1 year
- Any active condition or infection in the treatment area, such as sores, psoriasis, eczema, or a rash
- History of keloids, abnormal wound healing, or very dry and fragile skin
- History of bleeding coagulopathies or the use of anticoagulants (Plavix, coumadin, warfarin)
- History of herpes simplex (cold sores) in the treatment area, unless taking a prophylactic regimen (ask us)

### PRECAUTION CRITERIA:

- BOTOX/DYSPOORT or FILLERS in the treatment area (wait 4 weeks after last injections)
- Avoid ASPIRIN and non-steroidal anti-inflammatory drugs (NSAIDS, e.g., IBUPROFEN, MOTRIN, ALEVE, EXCEDRIN) 1 week before and after each treatment session
- Recent laser resurfacing or deep chemical peeling (within the last month) if same area
- Thyroid disease (it is not recommended to perform the treatment over the thyroid, i.e., neck)
- Recent surgical procedures (especially if in the same area)
- Flaring rosacea (not recommended if the face is treated; but not a constraint if treating other areas)
- Current smoker \* (your skin will not heal well)

### POST-TREATMENT EXPECTATIONS:

- You will experience a feeling of heat sensation AND look “sunburned” or very red in the treated area.
- You may see small dots/bruising in the grid pattern if looking closely at the skin for up to 1-2 weeks.
- Most people are “red” for only 1-3 days, rarely do they have severe swelling or prolonged sensitivity (up to 2 weeks). Check your calendar for important events as we cannot predict who may have longer or more severe side effects.
- Avoid sun exposure and anything that heats the skin (ie hot-tubs, saunas, and intense exercise) for 3 days.
- Apply the CeraVe Healing Ointment several times a day for 3-7 days. Call if concerned.

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