

Renuvion Skin Tightening

Patient Information

What is Renuvion®?

Renuvion® (sometimes known as J-Plasma®) is a medical procedure that combines helium plasma and radiofrequency (RF) energy, to stimulate tissue shrinking, tightening and contraction by carefully heating connective tissues directly beneath the skin. The helium plasma and RF energy are emitted simultaneously through a slender hand-held wand to provide an even application. The technique provides a dramatic yet gentle effect on tissue. The areas most commonly treated by Renuvion® are the chin, neck, arms, breasts, chest, abdomen, inner thighs, lower thighs and knees.

Is the procedure right for me?

A detailed consultation with your consultant plastic surgeon is essential prior to undergoing any surgical procedure. During the consultation, your surgeon will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. Your surgeon will examine you and may take some photographs for your medical records. They will ask you if you want to have someone with you during the examination and ask you to sign a consent form for taking, storing and using the photographs. The surgeon will measure your height and weight to make sure that it is safe to do an operation. If you are overweight, or planning to become pregnant, your surgeon may suggest delaying your operation. If you decide to proceed with surgery, you will be given a 'cooling-off' period of at least 2 weeks between initial consultation and the date of your operation to ensure you have ample time to reflect on all aspects of the procedure before proceeding (although please bear in mind the waiting lists for our surgeons mean this period is invariably significantly longer).

How is the procedure carried out?

Should Renuvion® be agreed upon as the most suitable treatment, the procedure will be carried out by your surgeon in our state-of-the-art operating theatre. Following careful marking of the treatment area/s and the administration of an appropriate anaesthetic, the surgeon places the Renuvion® disposable probe into the tissue through tiny incisions. Helium plasma and radio frequency energy are released with precision into the tissue to stimulate the shrinking effect. The edges of the incisions are closed with dissolvable stitches and very light dressings are applied. The surgery is usually performed as a day case under a general anaesthetic. Our highly experienced medical team will be on hand during your stay to care for your needs.

Recovery and aftercare

Downtime following Renuvion® varies according to the location and size of the treatment area. For small areas such as the chin, no downtime is expected. For larger areas such as the abdomen or thighs, patients may be advised to treat day 1 post-op as a rest day, refraining from exercise for 14 days. In any case, bruising should be expected for around 7 days after the procedure. You will have small scars around at the site of insertion of the hand-held wand. Showering is permitted on the second post-operative day.

Risks and Complications

All surgical procedures are associated with risks. Your surgeon will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon, however patients should be aware of the following complications prior to undergoing liposuction-

- Anaesthesia risks
- Bleeding
- Infection
- Poor scarring of skin
- Fluid accumulation (seroma)
- Pain, which may persist
- Possibility of revisional surgery

Other Considerations

Renuvion® has FDA clearance for the cutting, coagulation and ablation of soft tissue during open and laparoscopic surgical procedures. It is extremely popular in the USA for bodysculpting and skin resurfacing and is currently undergoing full clinical trials by the manufacturer for further aesthetic indications which are now gaining traction in the U.K.

Results

The procedure results in a contraction of the soft tissue that is often noticeable immediately after the procedure. The results will continue to improve over the next 6-9 months as the body goes through the healing process. Over time, post-surgical swelling will subside and incision lines will fade. Satisfaction with your new image should continue to grow as you fully recover from surgery. In order to achieve optimal results it is important that you follow your surgeon's post-operative instructions and follow-up visits.

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Cost

Prices for liposuction can vary. Costs may include-

- Anaesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

After consultation and if you are planning to proceed with surgery, you will be given a written quotation regarding the cost of the planned procedure.

Alternative treatments

Liposuction is an alternative surgical technique used to add contour and definition to the body through the removal of pockets of fat. A non-surgical alternative to the procedure is CoolSculpting (often referred to as fat freezing) which uses cryolipolysis (carefully controlled, cold temperatures) to remove fat cells.

If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Patient Pre & Post-Operative Care Guide

Pre-Operative Preparations

6 week period before surgery-

Patients requiring twilight or general anaesthesia should not travel long haul for the 6 week period before and 6 week period after surgery.

4 weeks before surgery-

Stop taking the contraceptive pill and HRT 4 weeks before surgery if this has been advised by your Surgeon or anaesthetist.

2 weeks before surgery-

We would recommend that you start taking Arnica anti-bruising tablets, three times a day, two weeks prior to and two weeks after surgery. These are available from several health and wellbeing stores, including Holland & Barratt.

1 week before surgery-

Avoid Aspirin, Ibuprofen, Nurofen and other similar painkillers one week before and two weeks after surgery. Paracetamol is the safest painkiller to take, if necessary.

Stop taking Vitamin E and its compounds (such as evening primrose oil, fish oils, garlic and garlic capsules) one week before surgery and two weeks after surgery. Taking Vitamin E in any form can cause bleeding and post-operative complications.

1 day before and on the day of surgery-

Shower all over (including your face) with Hibiscrub antiseptic liquid soap (provided on prescription from Coppergate Clinic) the day before and morning of your surgery before coming into the clinic. Do not apply moisturiser after showering.

Day of surgery-

You must avoid eating solid food and milky drinks for 6 hours prior to your appointment for sedation. Water, clear drinks, black tea and black coffee can be consumed for up to 2 hours before your sedation/general anaesthetic.

You must take your routine medicines at the usual time, unless advised otherwise and bring them with you (including inhalers).

At least one nail must be free from acrylic or pail polish nails as a monitor will be placed on a finger.

Wear comfortable, loose-fitting clothes. It is a good idea to choose dark colours as oozing at the treatment site may stain.

Where possible, remove all jewellery.

Post-Operative Instructions

Average length of stay-

The surgery will be performed as a day case under a general anaesthetic or twilight anaesthesia unless your surgeon advised otherwise during consultation. **If you live further than a 1 hour drive from the clinic, it is mandatory to stay in the vicinity until the following day. Please make arrangements for a responsible adult to collect you from the clinic and stay with you overnight.**

6 week period after surgery-

Patients requiring twilight or general anaesthesia should not travel long haul for the 6 week period before and 6 week period after surgery.

0-1 weeks after surgery

- Downtime following Renuvion® varies according to the location and size of the treatment area. For small areas such as the chin, no downtime is expected. For larger areas such as the abdomen or thighs, patients may be advised to treat day 1 post-op as a rest day. Your surgeon will guide you on the expected recovery timescale for your procedure.
- Showering is possible one day postoperatively. Dressings should be gently patted dry following
- Paracetamol can be taken as required

2 weeks after surgery

- All physical activities may resume

0-2 weeks after surgery

- Once well-healed, apply tape to scars. The tape should stay on during showers and bath and be patted dry afterwards. Tape should not be removed and replaced until it is very loose and almost falling off. Frequent removal and replacement of tape may irritate scars.

12 weeks after surgery

- Scars and surrounding skin can be moisturised daily

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