

## THERMI FAT, THERMI FIT

<https://www.michigancosmeticsurgery.com/non-surgical/body/cellulite-thermi-250.html>

# Diminish Cellulite Today with the ThermiSmooth 250 Treatment

Even the most healthy women can struggle with loose skin and cellulite. If you struggle with loose skin or cellulite, ThermiSmooth 250 might be the right solution for you! Call Dr. Mariam Awada and the Michigan Cosmetic Surgery office today to learn more and book your appointment and start your journey to less cellulite today!

### ThermiSmooth 250: What to Expect?

Thermi 250 is the newest, most powerful FDA approved technology to tighten skin and reduce the appearance of cellulite with no discomfort or downtime. The procedure delivers radiofrequency energy to the surface of the skin, slowly raising the skin temperature. This creates thermal damage that causes an increase in collagen and elastin production over time. Within four to six treatments, 7-10 days apart, you will notice tighter and smoother skin in the treatment area. Number of treatments is based on personal cosmetic goals and condition of treatment area. Thermi 250 will also cause some reduction in the underlying fat in treatment areas. The technology can be applied to any part of the body suffering from loose, crepey skin or cellulite. We are able to even target areas with thin skin such as eyes and neck with accuracy.

### As we age and possibly go through multiple pregnancies, our skin and body change.

This all takes a significant toll on our skin. When your skin begins to look like it has dimples, depressions in the flesh, or lumps, that is known as cellulite. Cellulite is an embarrassing yet very common esthetic problem for many of our patients, mostly women. It is most common on the thighs and buttocks, but it can be found on the breasts, lower abdomen, and upper arms too. Cellulite in the thighs and buttocks can be unsightly and can cause embarrassment, especially during the summer when patients want to wear bikinis or shorts. Your heredity, skin thickness, gender, age, and how much fat and where it's located on your body are all factors involved in whether you may get cellulite or not. Modern Medical offers ThermiSmooth® Body for a non-surgical and non-invasive treatment to tighten loose skin and reduce cellulite on the chest, legs, arms, abdomen, and more.

### What is Radiofrequency Energy?

RF (Radiofrequency) is a type of electrical energy that creates heat in the target tissue through resistance. Due to its controllable properties, the energy can be applied precisely for depth and temperature.

### Is the ThermiSmooth™ 250 Body treatment painful?

Most people tolerate the treatment very well and have little or no discomfort. Patients often say it feels like receiving a warm hot stone massage and enjoy the treatment.

**How many ThermiSmooth 250™ body treatments will I need?**

Most people undergo a series of 6-8 treatments spaced approximately two weeks apart.

**How long can I expect the ThermiSmooth 250™ Body results to last?**

Clinical studies have shown that the effects of the procedure can last 12 months or more. Results may vary and maintenance visits every year can keep your results looking their best.

**How soon will I be able to see results from the ThermiSmooth 250™ body treatment?**

This varies from person to person; however, you may see some results after just one treatment. For optimal results, a series of 6-8 treatments are recommended.

**What pre and post-care do I need to follow?**

Prior to treatment, all metal objects should be removed, including all jewelry and piercings. Patients should hydrate well before and after treatments for optimal results. You should avoid exposure to direct sunlight and tanning beds for 24 hours before and after treatments. Soothing, non-irritating creams and moisturizers may be used after treatments.

**How soon can I return to my normal activities after the treatment?**

This treatment has no downtime. You may immediately resume your normal daily activities following treatment.

**What can I expect after the ThermiSmooth 250™ body treatment?**

Patients can experience warmth and mild redness to skin that usually dissipates about 30 minutes after treatment, but can last up to 2-4 hours. Your treated area may be mildly swollen immediately after treatments. Depending on the area treated, you may experience some mild “aching” similar to a sore muscle after a workout. This should resolve in 24-48 hours. Heating of the skin promotes three different kinds of effect. Some of those effects are immediate, such as contraction of collagen, collagen remodeling, and increased elasticity. With time and a series of treatments, further tightening of the skin is apparent due to the stimulation of fibroblasts which leads to new collagen production over the long term. Continued improvements may be seen post-treatment over 6-8 months following your last treatment.

**Am I a good candidate for the ThermiSmooth 250™ body treatment?**

If you have cellulite, laxity and unwanted fat anywhere on the body- from head to toe, you are a good candidate. This treatment is good for all skin types.

**Are there contraindications to the ThermiSmooth 250™ body treatment?**

Some of the contraindications that will exclude you from being a good candidate are: Implanted devices such as, but not limited to, pacemakers, defibrillator, cochlear ear implant or any other implantable mechanical device affected by radiofrequency and pregnancy.

**ThermiTight Face, Neck, Arm Skin Tightening, and More!**

ThermiTight is a non-surgical, minimally invasive radiofrequency skin tightening treatment that uses a tiny probe to deliver energy just beneath the surface of the skin. It is used to tighten sagging skin on the face, neck, tummy, breasts, arms, and thighs.

What is Radiofrequency?

### What Should I Anticipate About the Forehead Lift Recovery?

Surgery will remove excess skin and stretched skin and will re-position skin, but it will not tighten skin unless heat is used. Perhaps it's neck laxity, and you are not ready for a facelift, or maybe you just do not want a facelift? Or it's that little extra skin on the abdomen or arms that bothers you, but you don't want a scar?

How do we do achieve tightening of tissue without surgery? The secret is radiofrequency energy and Thermi-Tight!

Radiofrequency is like a microwave oven in how it heats food. Microwaves are ultra-high-frequency radio waves that when contacting water containing substances will result in the production of heat within the food. When applied to living tissue, the production of this heat will cause the tissue to tighten or shrink by stimulating collagen. This does not happen immediately but over a period of up to 18 months.

ThermiRF™ uses radiofrequency, but instead of ultrahigh frequencies as used in a microwave oven, ThermiRF™ uses low-frequency radio waves to heat tissue and cause contraction of that tissue.

### ThermiSmooth Tissue Heating

ThermiSmooth - Controlled Non-Invasive Tissue Heating for Skin Tightening

ThermiSmooth® Face is performed using a specially designed temperature-controlled handpiece. The handpiece gently heats the skin's surface using dermal heating to tighten and smooth skin of the face and eyes.

<https://www.artemedica.com/services/thermismooth-250-clinical-study/>

What is ThermiSmooth Body?

ThermiSmooth Body is a non-invasive procedure that Artemedica has been performing since it's Clinical Study Phase in 2014. ThermiSmooth Body uses targeted radio frequency energy and is delivered by a hand piece on top of the skin. When the skin's collagen reaches around the desired temperature it reacts by shrinking. This shrinking effect is what causes the skin to naturally tighten, smoothing skin and reducing the appearance of wrinkles, cellulite, skin laxity and/or fat. At the same time, your skin's natural inflammatory response to the heat is to produce new collagen, furthering the beneficial effects of the procedure.

Areas that can be treated with ThermiSmooth

If you are interested in treating face and neck areas, please visit our [ThermiSmooth Face page](#).



ThermiSmooth safely and comfortably tightens aging, sagging, or wrinkled skin! ThermiSmooth is a non-invasive procedure that can help you achieve a more youthful look. ThermiSmooth works on many different areas of the face—start smoothing those problem areas today!

#### What is ThermiSmooth?

ThermiSmooth is one of the techniques from the new ThermiRF system.

Using targeted radiofrequency energy, ThermiSmooth heats up the skin of the target area. The ThermiRF system is unique in its ability to constantly sense and adjust to the temperature of your skin. The result is a very comfortable treatment session that, for most people, feels similar to a warm massage.





When your skin's collagen reaches around 104°F, it reacts by shrinking. This shrinking effect is what causes the skin to naturally tighten, smoothing skin and reducing the appearance of wrinkles. At the same time, your skin's natural inflammatory response to the heat is to produce new collagen, furthering the beneficial effects of the procedure. As time goes on and your skin's collagen fibers heal and strengthen, the results become more and more apparent.

#### ThermiSmooth vs. Ultherapy & Thermage

There are many different ways to achieve tighter, firmer facial skin. Facial lifting techniques take a number of different forms, but ThermiSmooth is by far the safest, most comfortable, and least invasive of them all.

Unlike Ultherapy and Thermage, ThermiSmooth isn't painful. This is due in part to how the procedures are performed and also to the ThermiRF system's constant and

consistent temperature measurement and adjustment. The ThermiSmooth procedure will never heat your skin above the optimal temperature needed to achieve great results.

Most patients describe the feeling of ThermiSmooth as being akin to a gentle, warming massage.

Areas that can be treated with ThermiSmooth:

The ThermiRF system works well on many different areas around the body. The ThermiSmooth procedure is great at dealing with wrinkles and texture issues on the face. ThermiSmooth is most often performed on the following areas:

- Forehead
- Jawline
- Neck
- Chin
- Lips
- Lower Eyelids





[ThermiSmooth Body – Visit Page](#)

- [Thighs](#)
- [Stomach](#)
- [Arms](#)
- [Buttocks](#)

#### Clinical Study at Artemedica

We were excited to be one of only a handful of offices in the United States to be included in the IRB Clinical Study for ThermiSmooth Body (Formerly known as Thermismooth 250). The procedure was new to the United States in 2014 but had been approved in Europe where they have performed thousands of treatments with successful results. Following our clinical study, ThermiSmooth Body was FDA approved in December of 2015.

#### Candidates for ThermiSmooth

Most anyone who wants to safely deal with wrinkles and minor texture issues of the face can use ThermiSmooth. However, depending on a number of factors, ThermiSmooth may not be right for you. Artemedica can help you determine the best course of action for your skin! [Contact us today](#) to begin your free consultation.

#### The Procedure

The ThermiSmooth procedure is usually very quick. Most sessions last about 30 minutes. Depending on the areas treated and a number of other factors, though, treatment can last for over an hour.

**Victor Lacombe MD**

78 subscribers

**ThermiSmooth at Artemedica in Santa Rosa**

#### Recovery & Results\*

Minor swelling and redness may occur. In almost all cases, patients who undergo the ThermiSmooth procedure need no recovery time—you can simply get back to your day! Many patients can see results from ThermiSmooth after the first treatment, however in most cases multiple treatments are necessary to achieve optimal results. The gradual

production and strengthening of collagen in the skin means that results become more apparent as time goes on. Full results become apparent after 3-6 months. Most people require 3 treatment sessions to achieve optimal results. The time between each treatment session is usually around 2-4 weeks.

<https://janjuafacialsurgery.com/thermi250/>

# Thermi 250 Tightening Treatment for Cellulite

Thermi 250 is a radiofrequency device that has been recently approved by FDA for temporary cellulite reduction. It achieves it through the process of heat production and collagen formation along with tightening of the overlying skin. As an off label use it can be applied to tighten the loose skin around the extremities and torso and in some cases mild fat reduction. It is a noninvasive device and does not have any down time.

## FAQs

Q: Is there are any preparation?

A: No.

Q: Can anyone have this procedure?

A: Pregnant women and patients with pacemakers or defibrillator are not candidates for this procedure.

Q: Will this help me reduce my body fat?

A: Yes, it will help reduce some of the body fat but never as good as traditional liposuction.

Q: I have loose skin that does not go away on my stomach, am I a good candidate?

A: Yes, it works very well in tightening of loose skin around the abdomen.

Q: How many treatments do I need?

A: You will need between 3-6 treatments.

Q: How long before I see any results?

A: It will take a few weeks for you to see the results and keeps getting better with each session.

Q: I plan to lose a lot of weight, should I wait before I have this procedure done?

A: Yes, if you plan to lose a lot of weight or plan to undergo bariatric surgery then you should achieve your ideal body weight before undergoing this procedure.

Q: Who does the procedure?

A: It is done by our licensed clinical aesthetician who has been trained by a Thermi trainer.

Q: Can MM perform this procedure for me?

A: Yes he can.

Q: Is there any aftercare?

A: None.

Q: Can I resume exercise after this procedure?

A: Yes you can start exercising the same day.

<https://www.thewellpath.com/face/thermi-250/>

Thermi 250 is the newest, most powerful FDA approved technology to tighten the skin without discomfort or downtime. It's almost a miracle. Clinical studies show that the collagen in skin will shrink when heated to a sustained temperatures in excess of 40°C. Further, it has been shown that when the skin is heated to this level, an inflammatory process is engaged which can stimulate fibroblasts to produce new collagen over a period of time. When new collagen is formed, your skin gets tighter. The Thermi250 does exactly that. This technology can be applied to any part of the body that is suffering from loose skin. Many people have cellulite that is a result of the loose skin on their thighs or buttocks. When that skin tightens, the cellulite is reduced. Additionally, many women complain about thin, crepey skin on their body, and until the Termi 250, it has been very challenging to treat with mixed results. The ability of the Thermi 250 to target that very thin layer of skin with accuracy makes it a very effective choice for crepey skin.