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*What is ATTIVA S.I.H?*

ATTIVA S.I.H is a minimally invasive in-office Radiofrequency (RF) treatment for the face, neck, and body. RF stimulates collagen and elastin production and can be used as a stand-alone treatment or used in combination with other modalities. The ATTIVA S.I.H provides the precision required to customize the results on patients of all ages and skin types.

*Pre -Treatment details*

7-days prior to treatment:

* Stop taking multivitamins and any other blood thinning agents such as Vitamin E, Vitamin A, Niacin, Essential Fatty Acids such as Flax or Cod Liver Oil, and Garlic.
* Avoid aspirin, Advil, Motrin Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications. Tylenol may be taken for any pain.
* If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin and Heparin.
* If you have a history of cold sores, please inform our office if you need a prescription.
* Discontinue Retin A or other exfoliant products to avoid increased irritation.
* If not already, start taking Vitamin C supplement for collagen upregulation.
* Start taking Arnica supplements to prevent bruising.

2-days prior to treatment:

* Avoid alcohol, niacin supplements and cigarettes 48-hours prior to treatment.
* An oral anti-inflammatory medication and antibiotics can be prescribed for 3-7 days, if necessary

*Day of treatment:*

* Arrive without makeup.
* Hydrate and eat a healthy meal before your appointment.

*Treatment:*

* A topical numbing cream is applied to numb the skin and minimize discomfort during treatment. Lidocaine injections may also be used to minimize discomfort. You may feel discomfort during the numbing injections
* Once the area is numb, skin is cleansed prior to treatment.
* The ATTIVA S.I.H device is inserted under the skin to deliver the targeted radiofrequency energy while the temperature is monitored internally and externally.
* The device is a thin micro-cannula which delivers heat to cause contraction of the tissue.
* While there is no pain during the treatment, you may feel a warming and or pressure sensation during the treatment.

*Post treatment:*

* Immediately after treatment you may experience redness, swelling and tenderness in the treated areas. These reactions are normal and resolve quickly and spontaneously over the next 7-10 days.
* Swelling will be worse the first 24-48 hours. Sleeping propped up and icing can minimize this side effect.
* Bruises may last 1-2 weeks. Bruises can show up several days after your treatment. We recommend you continue Arnica supplements to help alleviate bruising.
* Continue Vitamin C supplements at least 7 days after the treatment.
* You may take Tylenol if you experience any mild discomfort.
* Wait 24-hours before applying make-up. Apply a SPF and mineral makeup to protect skin.
* Keep the treated area clean and moisturized to promote healing and prevent infection. Be gentle when washing or touching the treated area and avoid rubbing or scratching the skin. You may cleanse with ZO Gentle Cleanser and apply Sente Dermal Repair.
* Avoid using any skincare products that contain active ingredients or exfoliants (Glycolic Acid, Vitamin A or C, Salicylic Acid) for at least 24 hours after the procedure.
* Avoid exposing the treated area to direct sunlight or excessive heat for at least 24 hours after the procedure. This includes avoiding tanning beds, hot tubs, saunas, and sunbathing.
* Refrain from vigorous exercise or any other strenuous physical activity for at least 24 hours after the procedure.
* Drink plenty of water to stay hydrated and aid in the recovery process.
* Avoid medications such as aspirin for 1-2 weeks as they are blood thinning agents, and they may exacerbate bruising.
* Avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E for 1-2 weeks, as they are blood thinning agents and may exacerbate bruising.
* Avoid alcohol drinks for at least 7 days after the treatment.
* Call our office if you feel itchiness, or swelling, redness, bruising, painful swallowing, or other medical conditions from the treated areas.
* Schedule your follow up appointment 2-weeks post treatment.

*Treatment Regimen:*

* Typically, good results are seen after a single treatment, but ATTIVA S.I.H can be done individually or in a series. Your clinician can let you know if you need to commit to a series of treatments. ATTIVA S.I.H is stimulating collagen and elastin so while initial results are impressive, full results can be seen 3-4 months after your treatment.

*Patient Responsibility*

* You will follow the post care instructions and schedule a follow up appointment two weeks after your procedure.
* You are not pregnant, breastfeeding or have a lidocaine allergy.
* You need to share your medical history, medications, supplements, and allergies.
* Expectations – this is a non-surgical treatment that will not achieve a surgical result.
* Contact our office with any questions