Cosmetic Surgery
OF
THE ROYAL
LIVER BUILDING

PATIENT INFORMATION SHEET: BODYTITE & FACETITE (BY INMODE)

INTRODUCTION

BodyTite and FaceTite are advanced minimally invasive procedures that use radiofrequency-assisted lipolysis (RFAL) to tighten skin, contour tissue, and reduce fat. These procedures are ideal for patients seeking significant improvement without the need for traditional excisional surgery.

WHAT IS BODYTITE?

BodyTite is a body contouring procedure that addresses skin laxity and stubborn fat in areas such as:

- Abdomen
- Thighs
- Arms (as an alternative to brachioplasty)
- Flanks and hips
- Back and chest (including male chest reduction)

Radiofrequency energy is used beneath the skin to liquefy fat and stimulate collagen production, resulting in tighter, smoother skin and improved definition.

WHAT IS FACETITE?

FaceTite is designed for smaller, delicate areas of the face and neck. It offers surgical-level skin contraction without visible scars. It is commonly used for:

- Jawline and lower face definition
- Double chin (submental fat)
- Jowls
- Nasolabial folds
- Neck tightening

FaceTite can provide skin tightening of up to 40%, offering natural-looking rejuvenation.

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WHAT TO EXPECT

Anaesthesia:

- The procedure is performed under local anaesthetic only.
- Conducted in our CQC-registered minor surgery theatre.

Duration:

- Treatment takes approximately 1–2 hours, depending on the areas treated.
- You will be discharged home the same day.

Recovery:

- Swelling, bruising, and tenderness are expected and typically resolve within 7–10 days.
- A compression garment (for BodyTite) or facial support (for FaceTite) may be recommended.
- Most patients resume light activity within 2–3 days.

RESULTS

- Initial improvement may be visible within days.
- Continued tightening and contouring develop over 3–6 months as collagen remodelling occurs.
- Results can last for several years with healthy skin care and lifestyle maintenance.