

## **PATIENT INFORMATION SHEET: RENUVION**

### **Minimally invasive RF/helium plasma skin tightening**

#### **WHAT IS RENUVION?**

Renuvion is an advanced energy-based technology that uses a combination of radiofrequency (RF) and helium plasma to gently heat and contract the tissue beneath the skin. It is used to tighten lax skin and enhance contour in a minimally invasive way, often following liposuction or as a standalone procedure.

#### **COMMON TREATMENT AREAS:**

- Abdomen
- Flanks (love handles)
- Arms
- Inner and outer thighs
- Neck and jawline
- Back ("bra rolls" or lower back)

#### **BENEFITS OF RENUVION:**

- Tighter, firmer skin without large incisions
- Enhances results of liposuction or fat reduction
- Shorter recovery than traditional skin excision surgery
- Natural-looking results over time
- Can be performed under local anaesthetic with minimal downtime

#### **LIMITATIONS:**

- Renuvion is not a weight loss procedure
- Skin tightening is moderate – patients with severe laxity may still require excisional surgery
- Results are progressive and best seen at 3-6 months, continuing up to 12 months
- It may not replace a surgical lift in cases of significant excess skin