

PATIENT INFORMATION SHEET: BODYTITE (INMODE RADIOFREQUENCY CONTOURING)

WHAT IS BODYTITE?

BodyTite is a minimally invasive radiofrequency-assisted lipolysis (RFAL) procedure used to simultaneously melt fat and tighten the skin. It delivers controlled RF energy beneath the skin via a fine probe, helping to contour the body while stimulating collagen and tissue contraction.

WHAT AREAS CAN BE TREATED?

- Abdomen and flanks
- Arms (upper arms/"bingo wings")
- Inner/outer thighs
- Chest (including male chest)
- Back, knees, and bra roll areas
- Jawline and neck (FaceTite variant)

BENEFITS:

- Removes unwanted fat while tightening loose skin
- Minimally invasive with tiny incisions
- Local anaesthetic - no general anaesthesia required
- Faster recovery compared to surgical lifts
- May reduce the need for skin excision in mild-moderate cases

LIMITATIONS:

- Not a substitute for weight loss or major skin removal
- Best suited for patients with mild to moderate skin laxity
- Final results can take up to 6-12 months to fully appear
- More than one session may be required for larger or resistant areas