

# **GOVERNANCE PACK - J-PLASMA (RENUVION) SKIN TIGHTENING**

## **PATIENT INFORMATION - J-PLASMA (RENUVION)**

### **Cosmetic Surgery of the Royal Liver Building**

#### **WHAT IS J-PLASMA?**

J-Plasma (Renuvion) uses radiofrequency energy and helium plasma delivered under the skin to tighten tissue.

#### **WHY MIGHT IT BE DONE?**

- To reduce skin laxity after pregnancy or weight loss
- To improve contour of abdomen, arms, thighs, or face/neck

#### **ALTERNATIVES**

- Do nothing
- Surgical excision (abdominoplasty, arm lift, facelift)
- Non-surgical tightening treatments

#### **BENEFITS**

- Minimally invasive
- Smaller scars compared with excisional surgery
- Day-case procedure

#### **RISKS**

- Burns or thermal injury
- Bleeding, bruising, or haematoma
- Infection
- Small scars at entry points
- Fluid collection (seroma)
- Numbness or altered sensation
- Asymmetry or irregular contour
- Recurrence of skin laxity
- Device malfunction (subject of MHRA alerts)
- Rare systemic risks (LA toxicity, blood clot, allergic reaction)

#### **RECOVERY**

- Same-day discharge
- Compression garments worn for 4-6 weeks
- Return to light activity in 3-5 days, strenuous exercise after 4 weeks
- Swelling and bruising common, settle over weeks

#### **RED FLAGS - CALL IMMEDIATELY**

- Severe pain not controlled with medication
- Sudden swelling or bleeding
- Pus, spreading redness, fever
- Burns or blisters
- Chest pain, breathlessness, calf swelling

#### **CONTACT**

Emergency line: 0151 203 0020

If unable to reach us, attend A&E.