



## AccuTite Procedure

AccuTite is the smallest minimally invasive radiofrequency device used to address hard to reach areas of the face and neck including the under eyes, nasolabial folds, and corner of the mouth fat pads. This revolutionary FDA-approved treatment infuses radiofrequency energy via a probe to melt excess fat while tightening and lifting the small, delicate areas of face/neck with minimal downtime. Most patients see a naturally lifted and youthful facial contour with a single in-office treatment.

The following information will answer the most commonly asked questions regarding what to expect before, during, and after treatment. It is highly advised that you read this packet **SEVERAL** times **BEFORE** treatment to adequately prepare. Those who follow these instructions faithfully generally have the smoothest post-procedure course and proper healing.

**Recommended Items to Purchase:** Moisturizer, Sunscreen

*\*All items available for purchase at the GFPS Office before or on day of procedure*

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## Learn More About ACCUTITE

<https://www.givensmd.com/signature-services/skin-rejuvenation/accutite/>



### **Benefits of AccuTite Treatment**

- Lift and contour the face and neckline
- Smooth away under eye bags
- Lift the nasolabial fold (ie, smile lines)
- Eliminate the corner of the mouth fat pad
- Tighten, tone, and firm the skin
- Eliminate excess fat of the face and neck
- Smooth fine lines and reduce wrinkles
- Requires only one treatment
- Short recovery time
- No scarring
- Non-surgical alternative
- Immediate results

### **Contraindications to AccuTite Treatment**

- Excessively tanned or sunburned skin
- Pacemaker, defibrillator, electronic implant
- Scleroderma or collagen vascular diseases
- Use of Accutane (within 6 months of M8)
- Blood clotting problems
- Active bacterial or fungal infection
- Melanosis or malignant tumors
- Immunosuppression (HIV/AIDS)
- Pregnant or nursing women
- Porphyria or other skin diseases
- Resurfacing tip on Type V-VI

### **Caution to AccuTite Treatment**

- Keloid scarring
- Chronic skin conditions
- Actinic keratosis
- Herpes simplex virus infections
- Hemophilia
- Diabetes
- Melasma
- Use of blood thinners and prednisone
- Permanent metallic implant



## Pre-Procedure Prep Instructions

1. STOP anti-coagulant medications **10 days** before treatment if medically permitted.
  - Aspirin
  - Aleve/Naproxen
  - Ibuprofen/Motrin
  - Vitamin E
  - Fish oils/Omega-3s
  - Glucosamine
  - Ginko biloba
  - St. John's wart
  - Protein powder
  - Garlic supplement
  - Turmeric/Curcumin supplement
  
2. STOP all skincare actives **5 days** before treatment—*unless otherwise discussed with Dr. Givens*.
  - Vitamin A/retinoids/tretinoin
  - Vitamin C
  - Vitamin E
  - Salicylic acid
  - Benzoyl peroxide
  - Hydroquinone
  - Kojic acid
  - AHAs/glycolic acid
  - Azelaic acid
  
3. NO lotions or oils within 24 hours of treatment.
  
4. Come to appointment with CLEAN skin. NO make-up. You may be instructed to apply a provided topical numbing cream to the treatment area approximately 30-minutes prior to time of arrival at the office.
  
5. Bring any previously discussed treatment-specific prescribed medication(s) with you to your appointment.
  
6. Patients with a history of herpes simplex virus (HSV) will be prescribed prophylactic antiviral medications to prevent outbreak secondary to treatment.



### **Post-Procedure Care Instructions**

1. NO ice packs. NO moisturizer for 24 hours after treatment.
2. Start sunscreen application 24 hours after treatment.
3. Resume moisturizer and regular skincare regimen 24 hours after treatment EXCEPT for Retinoid/Vitamin A and Vitamin C products.
4. Resume retinoid/Vitamin A and Vitamin C products 1 week after treatment.
5. Resume make-up 72 hours after treatment.
6. Resume working out/sweating 10 days after treatment.



## **The 10-Day Recovery Guide: What to Expect from Day 0 to Day 10<sup>+</sup>**

Dr. Givens strongly believes that patient education is key to a successful recovery. Below is an easy to follow **10-day AccuTite Recovery Guide** so that you will know what to expect during the healing period. It is important to understand that the provided timeline represents a general recovery time frame and cannot be guaranteed.

### **AccuTite Recovery**

**Day 0 (Procedure Day).** Once treatment is complete, you will depart from the office. If a sedative medication was taken prior to the procedure, you will need someone to drive you home. It is important to follow the post-procedure care instruction listed on the page above. Minimal to substantial erythema (redness), edema (swelling), and ecchymosis (bruising) may be apparent. Remember—NO ice packs!

**Days 1-3 (24-72 hours post-treatment).** Begin using moisturizer and sunscreen. You may resume your normal skincare regimen with the EXCEPTION of any retinoid/Vitamin A and Vitamin C products. Do NOT use retinoid/Vitamin A and Vitamin C products for 1 week post-treatment.

**Days 4-10.** Continue using moisturizer, sunscreen, and your normal skincare regimen. Resume retinoid/Vitamin A and Vitamin C products on day 7 post-treatment. Erythema (redness), edema (swelling), and bruising generally subsides by day 10-14 post-treatment.

**Days 11+.** You should have resumed ALL skincare products unless otherwise discussed with Dr. Givens. You have NO restrictions on activities. Any residual erythema (redness), edema (swelling), and bruising will resolve within a few weeks or months. While visible results can be seen within a 7-10 days after treatment, more noticeable results will typically show after 3-4 weeks. Improvements will continue to appear up to 12 months after treatment.



## **What to Expect & Consider During Your Recovery**

As with any in-office procedure, a AccuTite treatment carries the risk of bleeding, infection, pain, skin changes or loss, temporary or permanent facial nerve injury, paresthesia (ie, numbness), temporary or permanent hair thinning or loss, corneal or eye injury abrasion, cosmetic abnormality, unsatisfactory scarring, and/or the need for additional treatment. The following information outlines what to expect and be aware of during the recovery process after a AccuTite treatment.

### **Is AccuTite an alternative to a Lower Eyelid Lift?**

AccuTite is the non-surgical alternative to a lower [eyelid lift](#)! This minimally invasive treatment is performed in the office under local anesthesia to eliminate under eye bags. When combined with [Morpheus8](#), this cutting-edge treatment provides transformative results with minimal downtime.

### **Is AccuTite an alternative to a Dermal Filler?**

AccuTite is a minimally invasive treatment performed in the office under local anesthesia to eliminate lower eyelid bags, reduce laugh lines, and smooth away the corner of mouth fat pads. When combined with Morpheus8, this cutting-edge treatment provides transformative results with minimal downtime.

### **What is the benefit of Radiofrequency (RF) energy?**

RF energy heats the deep layers of the skin in a controlled way to stimulate collagen production, melt excess fat, and remodel the skin. AccuTite treatment ultimately results in a naturally lifted and youthful facial contour.

### **How many sessions of AccuTite are needed?**

A single in-office treatment under local anesthesia is usually all that is required. Results may last for 1-5 years, and lifestyle choices greatly determine the longevity of your outcome post-treatment.

### **When will I see results from AccuTite?**

Visible results can be seen immediately. However, more noticeable results will typically show after 6 weeks. Improvements will continue to appear up to 12 months after treatment.

### **What areas can be treated with AccuTite?**

The most commonly treated areas include the under eyes, nasolabial folds, corner of mouth fat pads, lower face, neck, and jawline. Areas of the face that are difficult to reach in addition to exhibiting laxity and deep lines will benefit from sub-dermal remodeling and renewal.

### **Can AccuTite be used in combination with other treatments?**

Yes! AccuTite can be used in the same treatment session or within a few days after other treatments. AccuTite is typically performed simultaneously with Morpheus8 and [FaceTite](#) as well as [Botox](#) and [dermal fillers](#).



## **Conclusion: Summary on AccuTite After Procedure Experience**

1. After the procedure, your face and/or neck may appear red, swollen, and/or bruised for approximately 7-10 days. In some patients, it may take a few weeks or months to completely resolve. Remember, this is temporary and will subside. It will take a several weeks or months for a significant result to appear and a FULL 12 months for the face and neck to reach their final contour.
2. Call the office if you experience a persistent temperature of 101°F or higher, discharge from the wound or other evidence of infection, vesicular eruptions/pustules, acne flares, or development of any drug reaction.
3. Each patient will have a unique experience, and you should always follow the directions provided by Dr. Givens. Those who educate themselves before treatment and follow Dr. Givens' post-procedure care instructions usually have the easiest recoveries and the best outcomes.
4. Most of all—BE PATIENT during the healing process. Remember, same day treatment does NOT mean same day recovery. Healing is a gradual process. It is normal to be impatient and feel discouraged while waiting for swelling, bruising, and redness to diminish. Allow yourself extra rest, a nutritious diet to promote healing, and avoid stress during your recovery.