

Forma radiofrequency

Forma is a non-invasive procedure that uses bipolar radiofrequency to promote collagen growth and improve skin elasticity. This treatment is ideal for reducing fine lines and wrinkles, improving skin texture, and promoting a youthful appearance. It is an easy-to-use technology and will enhance your clinic's repertoire.

Consultation

Assessment and patient selection

The first step is to conduct a thorough consultation and skin assessment, gaining an understanding of the patient's skin condition and goals. During the consultation, you should explain the treatment process, potential results, and risks, e.g. pain, swelling and redness associated with the treatment.

Preparation

Clean the patient's skin with MediChor S (Hypochlorous solution) to remove makeup, oil, or any other impurities. This ensures the radiofrequency waves can penetrate the skin effectively.

Treatment process

Identify areas to be treated, split into sections and apply a layer of conductive gel (e.g. ultrasound gel). The gel helps the Forma device glide smoothly on the skin and also enhances the transmission of radiofrequency waves into the skin. Set the Forma device to a specific energy frequency and temperature based on the client's skin type and the treatment area. This setting is designed to maximise results while ensuring the client's comfort. The target is to increase the dermal temperature to 41–43°C for 10 minutes.

Move the Forma device in a circular motion over each area to be treated. The handpiece delivers controlled radiofrequency energy to the skin, which heats the skin's deeper layers. This heating process stimulates collagen production. The device includes a temperature sensor, which ensures the skin is heated to the optimal temperature for collagen stimulation without causing discomfort or damage.



Image courtesy of InMode.

Post-treatment care

After the treatment, remove the conductive gel and apply a post treatment cream to the skin to soothe and hydrate. Advise patient on what to expect post-treatment including erythema and possible swelling. Provide the client with aftercare instructions, to include avoiding sun exposure and using a high SPF sunscreen.

Follow-up sessions

Depending on the client's skin condition and desired results, multiple sessions of Forma may be required. These sessions are typically spaced one to two weeks apart with up to six treatments. Over the subsequent weeks and months, the patient should notice an improvement in the firmness and texture of their skin as new collagen is produced. It's important to keep in mind that results may vary based on individual skin conditions and the body's response to treatment.

Conclusion

Forma radiofrequency treatment is a safe, non-invasive procedure that can help improve skin firmness, texture and reduce the appearance of fine lines and wrinkles. As with any skincare treatment, maintaining a good skincare routine and protecting the skin from sun exposure can help enhance and prolong the results of Forma treatment. It is a non-invasive treatment that is delegable and increases the treatment repertoire of the clinic.

AUTHOR



Telisha Jenkinson,

Clinical Lead Nurse, Beechwood House Medical Aesthetic Clinic, Wolverhampton, UK.

AUTHOR AND SECTION EDITOR



Dalvi Humzah,

Consultant Plastic Surgeon, Beechwood House Medical Aesthetic Clinic, Wolverhampton, UK.
dhumzah@gmail.com

Declaration of competing interests:

Dalvi Humzah is a KOL for InMode.