

Skin Tightening

Innovative minimally invasive treatments to tighten the skin and rejuvenate the appearance

What is Skin Tightening treatment?

Skin Tightening treatment can make the skin firmer, tighter, and more youthful in appearance. As we grow older, the skin loses elasticity and can become loose, wrinkly, and droopy. Bella Vou offers cutting-edge, treatment to tighten skin, without less scarring than invasive surgical techniques.

Renuvion is a revolutionary keyhole procedure for Skin Tightening. It applies controlled plasma energy under the skin to make the tissues contract. The skin is pulled closer to the underlying muscle, making the area look smoother, fresher and more youthful. At Bella Vou, Renuvion is used with Vaser Liposculpture to recontour the neck and the body, without leaving skin loose, dimply and uneven.

BodyTite is an advanced minimally invasive procedure that simultaneously reduces fat and tightens skin, offering permanent results.

Why have Skin Tightening treatment?

Older and sun-damaged skins are more vulnerable to the effects of gravity and less able to spring back after weight loss or pregnancy. Wrinkles, skin drooping, and laxity can have an impact on your body image, self-esteem, and wellbeing.

Renuvion and BodyTite are excellent, minimally invasive treatments for people who want Skin Tightening without the scars and downtime of more invasive cosmetic surgery.

The highly skilled surgeons at Bella Vou use Renuvion to tighten the skin on the arms, tummy, buttocks, breasts, thighs, knees, and the neck and face. Renuvion is very effective when used together with Vaser Liposculpture to contour and slim the body.

What happens in Skin Tightening?

At Bella Vou, your surgeon can perform Skin Tightening under local or general anaesthetic, depending on the areas to be treated.

The specialist introduces the Renuvion probe under the skin through a tiny incision. The device delivers a precise, controlled supply of energy that contracts the ligaments and bands holding the skin to the muscle, tightening the skin and stimulating the body's natural collagen production.

How long is recovery from Renuvion Skin Tightening?

As Renuvion is used in combination with other treatments, recovery will depend on the other procedures, the size and location of the area treated, and on your general health and fitness.

It's normal for the area to feel tight, bruised, and sore following the procedure. However, most people can get back to normal, light activities in between two and five days.

Quick glance guide to Skin Tightening treatment

Procedure Time: Up to an hour depending on the area treated

Recovery: Up to a week

Anaesthetic: Local anaesthetic with sedation. General anaesthetic

Hospital stay: No

Treats: Loose skin, wrinkles, drooping, double chin

Why choose Bella Vou for your Skin Tightening Treatment?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells. It is among the first British clinics to offer innovative Renuvion treatment and the revolutionary Body Tite procedure.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Skin Tightening treatment journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your skin and your appearance, the results you want to achieve, and whether Renuvion can help you reach those goals.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjvani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your surgeon before proceeding to treatment. This will give you a chance to find out more about the procedure, your recovery, and to ask any questions you may have.

Preparation for Skin Tightening treatment

You may be asked to stop taking medicines, including aspirin and ibuprofen, to reduce the risk of bruising and bleeding during the procedure. Quitting smoking cigarettes and e-cigarettes can help wound healing and reduce the risk of complications.

If you have a general anaesthetic, you will be given individual advice on fasting before the procedure. On the day of your procedure, you'll be personally welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre.

What happens during Skin Tightening?

The type of anaesthetic and the specific procedure will depend on the skin tightening treatment you are having, and the size of the area being treated.

Vaser Liposculpture and Renuvion

Your surgeon will carefully clean the skin before making tiny incisions and introducing a thin cannula that uses ultrasound waves to heat and liquefy fat. The surgeon will then remove all the liquid fat using a gentle suction device.

They will insert the Renuvion probe into the same cuts. Radiofrequency waves from the probe convert a stream of helium gas into a cold plasma energy source. The

energy is uniquely able to heat and cool tissue almost simultaneously. The plasma makes the connective bands, holding the skin to the muscle, tighten. The skin appears firmer, smoother, and more youthful.

BodyTite

The surgeon will make several small incisions, around 3mm in size. They will introduce a narrow cannula or tube under the skin. The device uses radiofrequency to soften fat, so that it can be removed using the cannula for instant results.

Recovery from Skin Tightening treatment

Your recovery will depend on the procedure, the size and location of the area treated, and your general health and wellbeing. You will be able to go home on the day of treatment, with no drips or drains.

You will be given compression garments to reduce swelling, ease discomfort, and help with healing. These should be worn day and night until you are reviewed in the clinic. One of the Bella Vou team will give you a call the day after surgery to make sure you're well, have had a comfortable night, and to answer any questions.

The area may feel tight, bruised, and sore following the procedure. Itching, redness, and skin peeling are also common. Symptoms can last up to three weeks, but most people can get back to normal, light activities in less than a week.

The staff at Bella Vou will carefully monitor your recovery. If you have any questions or concerns, the team are always on hand to offer support, day and night.

FAQs

Can Renuvion be done instead of a tummy tuck?

Renuvion with Vaser Liposculpture, can be an alternative to tummy tuck surgery for some people. Treatment can address some excess fatty deposits and skin looseness, however, Renuvion and Vaser will not repair damaged or separated abdominal muscles.

The cosmetic surgeons at Bella Vou can make a careful assessment of your abdomen, then discuss the results that you want to achieve. They will then make a treatment recommendation that will help you achieve your goals.

What is the difference between J-Plasma and Renuvion treatment?

There is no difference; they are two names for the same innovative treatment. J plasma is the name used for the ionising gas, which is inserted under the surface to tighten and rejuvenate the skin in Renuvion treatment.

How long does Renuvion take to have an effect?

Renuvion can have instant, visible results. Following treatment, you should notice improvements to the tightness, tone, and texture of the skin. However, the effects can continue to improve over the following three months.

How many treatments are needed?

Only one treatment session with Renuvion is needed for each area of skin.

Can Renuvion resurface the skin?

Yes, as well as tightening, Renuvion can also be used to resurface the skin and treat age spots, texture problems, and fine lines, and wrinkles. The specialist uses local anaesthetic and applies the Renuvion device above the skin surface. The plasma energy resurfaces and rejuvenates the skin.

How long will I need to be off work?

Your recovery time will depend on your job, your health, and the size of the area treated. Some people are fit to return in a day or two; however, others may need a week or more to rest and recover. Your surgeon will provide you with individual advice on your rehabilitation.