

# Non-invasive methods to tighten skin

Ageing skin loses elasticity due to gravity and collagen loss. Early skin laxity can be addressed by non-surgical techniques with no to minimal downtime — good news for people uncomfortable with going under the knife.



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## ReFirme™ ST

This technique blends infrared light and bipolar radiofrequency to gently heat the dermal layer of the skin, encouraging new collagen growth. This creates a noticeable firming and mild lifting of loose skin, together with a reduction in fine and mild to moderate wrinkles. This method is recommended for cheek and neck laxity, under-eye sagging, drooping brow lines and nasolabial folds. It can be used on any skin colour, has low risk of side effects and no downtime. Repeat sessions are required, though.

## Fractional ablative resurfacing (e.g. eMatrix™ Sublative Rejuvenation, fractional CO<sub>2</sub>)

Fractional ablative resurfacing intensely heats pinpoint-sized deep columns of skin, resulting in microscabs that are replaced by new skin in three to seven days, resulting in firmer, brighter and smoother skin.

While fractional CO<sub>2</sub> laser resurfacing is highly effective on eyelids and in lighter-skinned individuals, it may cause post-inflammatory hyperpigmentation in darker Asian skin.

Based on radiofrequency technology, eMatrix™ safely treats darker skins with faster recovery and lower risk of post-inflammatory hyperpigmentation. One skin rejuvenation treatment can last about a year. In a clinical trial conducted on Asian skin, this technique was effective in treating acne scars: post-treatment results showed that patients improved in areas such as skin brightness (83%) and skin smoothness/wrinkle reduction (90%).

## Thermage®

A sophisticated monopolar radiofrequency-based application, this technique uses deep-dermal heating to treat wrinkles and skin laxity of the face, eyelids, under-chin, neck and tummy. It also temporarily improves cellulite appearance.

A non-ablative (it does not burn or destroy skin tissue) procedure, it applies high levels of radiofrequency onto areas of loose skin for a fixed amount of time to stimulate new collagen production and bring about a tightening effect. It is the only procedure that has a special tip for the eyelids, for improvement of texture and a slight lift.

As the process does not damage the epidermis, where pigment is produced and released, it can be effectively used on skin of any colour.

## Ultherapy® (aka Ulthera®)

A non-surgical ultrasound procedure that penetrates deeply into the skin to induce collagen production and tighten a crucial supporting band deep in the facial skin, this technique is the only non-surgical procedure approved by the FDA in the United States for both tightening and lifting at the eyebrow, cheeks and neck, and for smoothing lines at the décolletage.

It's the only cosmetic procedure that uses ultrasound imaging, allowing doctors to visualise the skin layer being targeted. This ensures greater accuracy and safety as energy is precisely delivered to only where it is needed, avoiding other important skin structures. Due to the continued production of collagen and tightening of the band normally targeted in surgical facelifts, patients can observe visible skin tightening and lifting over the following months.

This method is ideal for all skin types, including dark Asian skin. It is well-tolerated, with virtually no downtime. [🔗](#)

