Over time, due to age and genetics, we lose collagen and elastin in our skin. These two proteins give the skin its elasticity, plumpness and smoothness. This, combined with sun damage and loss of fat, can lead to areas of lax, sagging skin of the face, neck and body. Non-surgical skin tightening procedures have been increasingly popular over the last several years because they provide a less invasive option for improving skin laxity and skin quality. There are numerous devices available for skin tightening, each with their own unique technology. In general, these devices work by delivering energy into the skin to cause a tightening effect or by directly lifting the skin. 

**WHAT ARE THE TREATMENT OPTIONS?**

**Ultrasound Devices** use focused ultrasound energy to heat the deeper layers of skin to stimulate collagen production and cause tightening.

**Radiofrequency (RF) Devices** deliver targeted radiofrequency energy into the deeper layers of the skin to stimulate collagen production. Some devices use small needles to deliver the radiofrequency energy (microneedling with RF), while others combine radiofrequency with light energy.

**Infrared (IR) Devices** use infrared energy to heat the deeper layers of skin tissue for a tightening effect.

**Ablative Laser treatment** (either fractionated or non-fractionated) delivers controlled energy to the upper layers of skin. This primarily resurfaces the skin through stimulation of new collagen and can have a slight tightening effect.

**Lifting Threads** are placed under the skin to physically suspend and tighten sagging skin. They are useful to lift the face, jowls and neck; last up to 2 years; and also stimulate new collagen production.

Consult your board-certified dermatologist to discuss which treatment options may be best for you.