



隨著年齡增長，皮膚中的膠原蛋白便會漸漸流失，導致面部出現鬆弛、下垂、皺紋加深等老化現象。面部鬆弛不太嚴重的人士可考慮非創傷性射頻或高能量聚焦超聲波緊膚。原理是利用射頻或超聲波在皮膚底層或肌肉筋膜加熱，刺激膠原蛋白生長，使皮膚收緊，提升輪廓，兩項療程的效果均獲臨床實證。

射頻緊膚 (Thermage)

Thermage利用單極射頻技術，在皮膚底層加熱，刺激膠原蛋白收緊及增生，達致改善皺紋及提升輪廓的效果。適用於面部、眼部、頸部、腹部以至其他個別的部位。

現時使用的第三代Thermage可提供溫和震動及均衡冷卻效果，使治療更為舒適。而Total Tip 3.0探頭可延長熱能於皮膚組織停留時間，持續刺激膠原蛋白收縮及重塑，令效果更為顯著。

療程需時60至90分鐘，治療後出現輕微紅腫是正常反應，並會於數小時後減退，不影響正常工作。

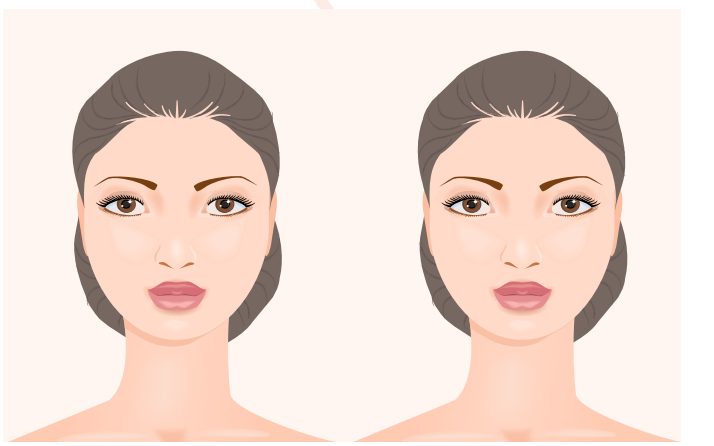
臨床研究指出，治療效果可於2至3個月內持續出現，並可維持約12至18個月。副作用可能包括出現水泡、皮膚不平滑、持續痛楚及效果不顯著等情況，但並不常見。

高能量聚焦超聲波緊膚 (Ultherapy)

除了皮膚表面老化外，皮下組織如肌肉筋膜也會隨著年齡增長而變得鬆弛，帶動整體組織下垂等老化現象。

有別於激光，高能量聚焦超聲波緊膚以超聲波導航利用聚焦超聲波能量，在皮下3至4.5mm處（即肌肉筋膜上）加熱，刺激膠原蛋白重組及增生，達致筋膜懸吊、提升面部輪廓及撫平皺紋的效果。只需一次治療，效果便可於2至3個月內持續出現，並可維持一至兩年。

治療需時60至90分鐘，治療後面部會有輕微紅腫可於數小時後減退，並不影響正常工作。副作用包括皮膚灼傷或面部神經受損，但情況並不常見。



HKSH Dermatology Centre 養和皮膚科中心

CONSULTATION HOURS	診症時間
Monday to Friday 9:30am – 5:30pm	星期一至五 上午 9 時 30 分至下午 5 時 30 分
Saturday 9:00am – 1:00pm	星期六 上午 9 時至下午 1 時
Closed Sundays and Public Holidays Consultation by Appointment	星期日及公眾假期休息 敬請預約
(852) 2855 6650 derm@hksh-healthcare.com	

HKSH Plastic & Reconstructive Surgery Centre 養和整形外科中心

CONSULTATION HOURS	診症時間
Monday to Friday 10:00am – 6:00pm	星期一至五 上午 10 時至下午 6 時
Saturday 9:00am – 1:00pm	星期六 上午 9 時至下午 1 時
Closed Sundays and Public Holidays Consultation by Appointment	星期日及公眾假期休息 敬請預約
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HKSH Skin Laser Centre 養和皮膚激光中心

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**RADIOFREQUENCY
& HIGH-INTENSITY
FOCUSED
ULTRASOUND
(HIFU) TREATMENT**
射頻緊膚及高能量
聚焦超聲波緊膚

RADIOFREQUENCY AND HIGH-INTENSITY FOCUSED ULTRASOUND (HIFU) TREATMENT

射頻緊膚及高能量聚焦超聲波緊膚



When we age, there is a progressive loss of collagen in the skin and this may trigger ageing signs on the face, such as loose skin, sagging skin and wrinkles. Some patients with relatively minor sagging skin problems may prefer to achieve skin tightening through a non-surgical approach, such as via radiofrequency treatment (Thermage) or HIFU treatment (Ultherapy). Both treatments are clinically proven to help tighten skin by delivering radiofrequency or ultrasound to the deep layer of the skin or muscle fascia, stimulating collagen growth over time, renewing contours and reducing sagging of the skin.

THERMAGE

Thermage uses radiofrequency to deliver heat to the deep layer of the skin, stimulating collagen formation and achieving wrinkle reduction and skin lifting effects. The treatment can be performed on the face, eyes, neck, abdomen and other parts of the body.

The latest generation of Thermage provides a gentle vibration and interspersed cooling to make the treatment process more comfortable. The Total Tip 3.0 can also extend the time the heat energy penetrates into the skin tissue layer responsible for collagen regeneration, delivering superior results.

The procedure lasts for 60 to 90 minutes. Mild redness and swelling will appear after treatment but will subside within a few hours. Daily routines can be resumed after treatment.

Studies have shown that treatment results will be noticeable two to three months after the procedure and will last for about 12 to 18 months. Complications are uncommon but may include blisters, uneven skin surface, continuous pain or less impressive results.

ULTHERAPY

Besides sagging skin, the sign of ageing will also appear at the muscle fascia layer underneath the skin.

Unlike laser treatment, Ultherapy uses focused ultrasound energy to deliver heat to the deeper layer of the skin and the superficial musculo-aponeurotic system (SMAS), at about 3 to 4.5mm depth to stimulate collagen regeneration, achieving fascia suspension,

skin lifting and wrinkles reduction. After one single treatment, the tightening effect will gradually appear in two to three months, and the result can usually last for one to two years.

The procedure lasts for about 60 to 90 minutes. Mild redness and swelling may appear but will subside within a few hours. Treatment will not affect daily routines. Complications are rare but may include skin burn or facial nerve damage.

