# Article information:

(3) (PDF) Consensus Recommendations for 4th Generation Non-Microneedling Monopolar Radiofrequency for Skin Tightening: A Delphi Consensus Panel  
<https://www.researchgate.net/publication/342482445_Consensus_Recommendations_for_4th_Generation_Non-Microneedling_Monopolar_Radiofrequency_for_Skin_Tightening_A_Delphi_Consensus_Panel>

# Article summary:

1. The demand for non-invasive skin rejuvenation procedures has increased, leading to the need for guidelines on device-specific treatment systems.

2. A panel of eight international experts in aesthetic dermatology developed consensus statements on the use of 4th generation non-microneedling monopolar radiofrequency for skin tightening.

3. The consensus statements address patient selection, treatment settings, and practical use of the device, providing guidance for clinicians to achieve positive and reproducible outcomes.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Consensus Recommendations for 4th Generation Non-Microneedling Monopolar Radiofrequency for Skin Tightening: A Delphi Consensus Panel" discusses the use of non-invasive skin rejuvenation procedures, specifically non-microneedling monopolar radiofrequency (RF) systems. The article highlights the need for guidelines to help clinicians achieve positive and reproducible outcomes in this field.

The article uses a modified Delphi process to develop expert consensus on the use of 4th generation non-microneedling monopolar RF. The panel of eight international experts in aesthetic dermatology participated in three rounds of consensus building commencing in April 2019. Initially, 32 consensus statements were developed addressing patient selection, patient outcomes, treatment settings, and practical use of non-microneedling monopolar RF. By the third round, these had been reduced and refined to a total of 19 statements.

The article provides valuable insights into the use of non-microneedling monopolar RF systems for skin tightening. However, there are some potential biases and limitations that need to be considered. Firstly, the study was conducted by a panel of experts who may have their own biases and preferences towards certain treatments or devices. This could potentially influence their recommendations.

Secondly, the study only focuses on one specific device - the Thermage FLX ® system - which limits its generalizability to other devices or technologies used for skin tightening. Additionally, there is limited evidence presented to support the claims made about the efficacy and safety of this particular device.

Thirdly, while the article does provide some guidance on patient selection and treatment planning, it does not address potential risks or side effects associated with non-microneedling monopolar RF systems. This is an important consideration as any medical procedure carries some level of risk.

Overall, while this article provides useful insights into the use of non-microneedling monopolar RF systems for skin tightening, it is important to consider its potential biases and limitations. Clinicians should exercise caution when using any new device or technology and carefully consider the available evidence before making treatment decisions.

# Topics for further research:

* Risks and side effects of non-microneedling monopolar RF systems for skin tightening
* Comparison of different non-invasive skin rejuvenation procedures
* Evidence-based efficacy of Thermage FLX ® system for skin tightening
* Patient satisfaction and long-term outcomes of non-microneedling monopolar RF systems
* Cost-effectiveness of non-invasive skin rejuvenation procedures
* Safety considerations for non-invasive skin rejuvenation procedures in patients with underlying medical conditions

# Report location:

<https://www.fullpicture.app/item/0b5d6fb262840e081780b57a3bc3f1a9>