

BODY · 4K BODY LIFT

Body Contouring: What to Know

The 4K Body Lift: radiofrequency for compact, resistant fat and the skin over it. Who it suits, how to prepare and what to expect afterwards.

The 4K Body Lift is Dr Sin Yong's radiofrequency protocol on the Secret Duo platform, directed at compact, resistant fat in the tummy, waist, thighs and arms and at the skin over it. It is radiofrequency only, with no incision, no cannula and no general anaesthetic. It is not liposuction and it is not a weight-loss treatment. This guide explains what the protocol does, who should wait or be referred elsewhere, how to prepare, what the treatment involves, how the skin settles and when to contact the clinic.

What it is

Radiofrequency energy is delivered through insulated microneedles to specific point zones of compact subcutaneous fat rather than spread across a broad field. Warming the fat at the target raises the metabolic activity of those cells so that they are progressively cleared by the body, and as the energy passes through the dermis it prompts collagen contraction and new collagen in the overlying skin. Depth and energy are set to the patient rather than to a preset.

Any change develops gradually over the following weeks and varies between individuals. Surrounding tissue continues to change with age, weight and lifestyle, and the response to each treatment is reviewed before any further treatment is planned.

- Used on the tummy, waist and flanks, inner and outer thighs, upper arms and bra-line back.
- Cannot remove a large volume of fat, correct marked loose skin or treat abdominal wall separation.
- Different mechanism from fat freezing, which cools fat and does not use radiofrequency to firm the skin.

Who it suits and who should wait

It tends to suit people near their usual weight with a localised, stubborn area and mild looseness of the skin over it, who want to avoid surgery and accept gradual change. Someone well above their usual weight, or with marked loose skin after major weight loss, is usually better served by weight management or by referral to a plastic surgery specialist, and that is said plainly at consultation.

- Not performed in pregnancy or while breastfeeding; after childbirth the area is allowed to heal first and muscle separation is checked separately.
- Not suitable with a pacemaker or other implanted electronic device.

- Metal implants or threads in or near the area, a bleeding tendency or blood-thinning medication, and a tendency to keloid scarring or poor healing are reviewed individually.
- Active infection, open wounds or eczema in the zone is settled first; diabetes that is not well controlled is discussed before treatment.

Before your appointment

Body contouring covers two different problems that need separating: a pocket of fat that diet has not shifted, and skin that has lost its recoil. A post-pregnancy abdomen usually presents as both, and which is dominant decides the approach. Assessment settles that before any plan is made, and the fee is set out in writing only after it.

- Declare pacemakers, metal implants, threads and past surgery in the area.
- Tell the clinic about pregnancy, breastfeeding and recent childbirth.
- Declare blood thinners and medicines that affect healing or bruising.
- Avoid sunburn or a fresh tan on the area before the visit.
- Bring recent photographs, your usual weight and any relevant medical notes.

On the day

Each zone is mapped on the skin before treatment. Depth and energy are set for you and adjusted to the area, and the treatment is generally described as a warming sensation. There is no surgical recovery, and most people return to their usual activities the same day while redness, swelling and pinpoint marks settle.

- Wear loose, soft clothing over the area to be treated.
- Tell Dr Sin Yong during treatment if any point feels sharply hot rather than warm.

The first days

Redness, warmth, swelling and tenderness in the treated zone are expected, and fine pinpoint marks from the microneedles can be visible while the skin settles. Bruising is possible and fades gradually; arnica may be suggested if it appears. Less commonly there is temporary numbness or firmness, or small raised bumps along the treatment pattern, which settle and are reviewed. Darkening of the skin after inflammation is more likely in Fitzpatrick III to V skin and with sun exposure, which is why treated skin is kept out of the sun.

- Keep the area clean and moisturised.
- Avoid heat, saunas and strenuous exercise in the early period.
- Use sun protection on any exposed treated area.
- A stable weight helps any change hold; the treatment does not replace weight management.

Questions to ask

The useful questions are about your tissue, not about the machine.

- Is my concern mainly fat, mainly loose skin, or both, and what does that mean for the plan?
- Which zones will be treated, and how are depth and energy chosen for me?
- What would make you advise weight management or a surgical opinion instead?
- How will you judge the response before planning anything further?
- What are the signs that something is wrong, and how do I reach you?

When to contact the clinic

- A blister, burn or area of broken skin in the treated zone.
- Spreading redness, warmth or pus around any needle point.
- Pain or swelling that is increasing rather than settling.
- Numbness, firmness or a raised bump that persists.
- An uneven contour or a change in skin colour that is not fading.

WhatsApp +65 8023 7170. For a suspected vascular problem after filler, or any sudden change in vision, seek emergency care immediately and tell them what was injected.

This guide is general information and not a substitute for an assessment. Read the full page: drsinyong.com/4k-body-lift/. Medically reviewed by Dr Sin Yong, 7 October 2026.

REFERENCES

1. Advice about cosmetic procedures. NHS. <https://www.nhs.uk/conditions/cosmetic-procedures/non-surgical-cosmetic-procedures/>