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## How EVERESSE Monopolar RF is Revolutionizing Patient Care, According to Dendy Engelman, MD, FACMS, FAAD

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### Key Takeaways

- EVERESSE monopolar RF device offers deep dermal heating with patient comfort, meeting safety and efficacy criteria for dermatology practices.
- The device's ability to maintain comfort while delivering effective treatments allows patients to complete full treatment protocols.

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*Dendy Engelman, MD, FACMS, FAAD, explores the benefits of EVERESSE monopolar RF technology, emphasizing safety, comfort, and effective skin rejuvenation.*



# Dermatology TIMES

[In the second part of her interview](#) with *Dermatology Times*, Dendy Engelman, MD, FACMS, FAAD, board-certified dermatologist at the Shafer Clinic in New York City, delves into the decision-making process behind integrating new monopolar radiofrequency (RF) devices into her advanced dermatology practice. With over 17 years of experience and specialized training in laser and procedural dermatology, Engelman is no stranger to cutting-edge energy-based technologies, including [EVERESSE by Cartessa Aesthetics](#).

At a clinic renowned for housing 3 floors of some of the industry's most advanced devices, Engelman emphasizes that the adoption of any new technology must meet strict criteria: safety, proven efficacy, and patient tolerability. EVERESSE met all these benchmarks, offering a unique monopolar RF platform that delivers deep dermal heating for collagen and elastin stimulation while maintaining patient comfort through continuous water cooling. Shafer Clinic was the first in New York City to utilize this new technology.

Unlike older-generation RF devices, which often caused discomfort due to the need to sustain dermal temperatures above 42°C, EVERESSE balances powerful thermal delivery with epidermal protection. This allows for effective, comfortable treatments without sacrificing results. Engelman noted that patients now complete full treatment protocols, something that was often a challenge with less tolerable systems.

"It's amazing that they're able to achieve the high levels of temperature in the skin but still remain comfortable as a treatment that's tolerable and very efficacious," Engelman said.

EVERESSE also stands out for its versatility, according to Engelman. It's non-invasive, non-light-based, safe for all skin types, and usable year-round. It's especially effective for postpartum skin laxity, stretch marks, facial rejuvenation, and even targeted lifting such as non-surgical brow elevation. In her office, patients appreciate both immediate visible improvements and continued collagen remodeling over time, with no downtime or need for anesthetic.

Another key advantage, according to Engelman, is that EVERESSE treatments are highly delegable. Unlike many laser procedures that require physician-only operation, EVERESSE can be safely administered by trained staff, increasing clinic efficiency. The lack of arcing or thermal injury risk, combined with patient comfort and consistent results, makes it a "turnkey" solution. For clinicians evaluating new RF devices such as EVERESSE, Engelman recommends prioritizing safety, comfort, and inclusivity, supporting the future of energy-based skin rejuvenation.



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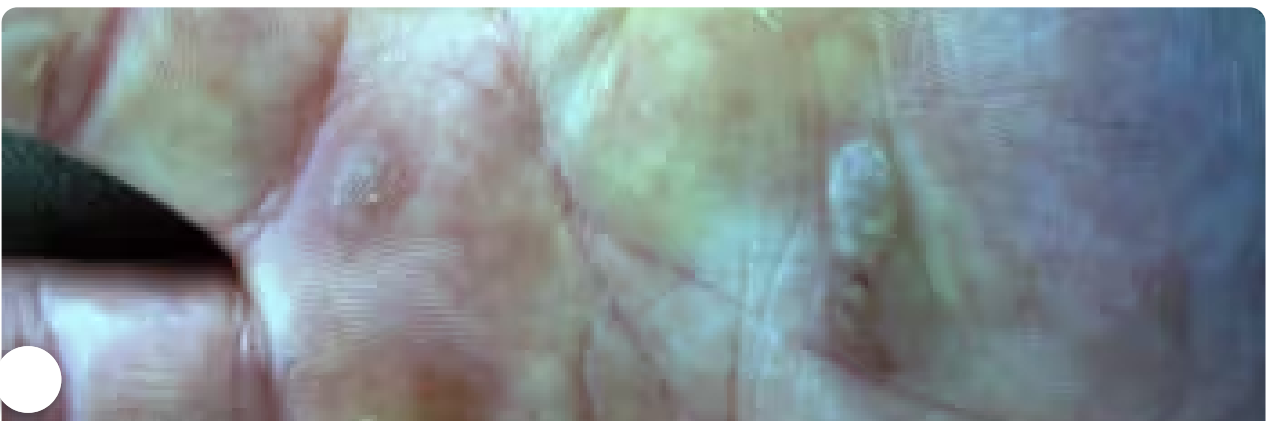
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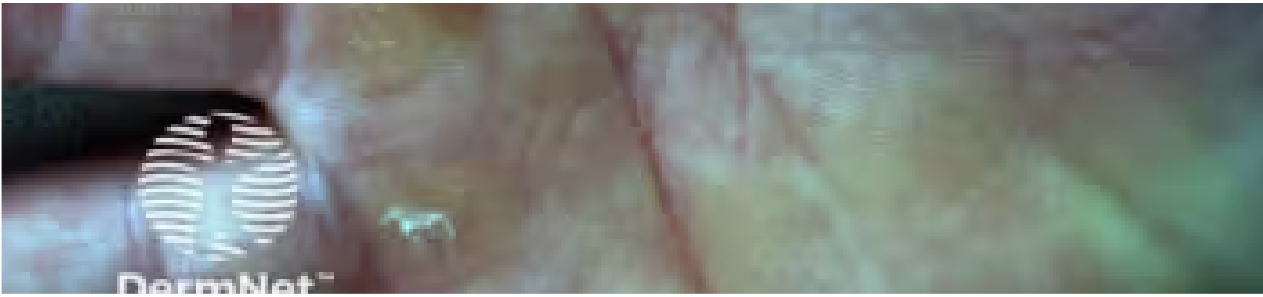


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