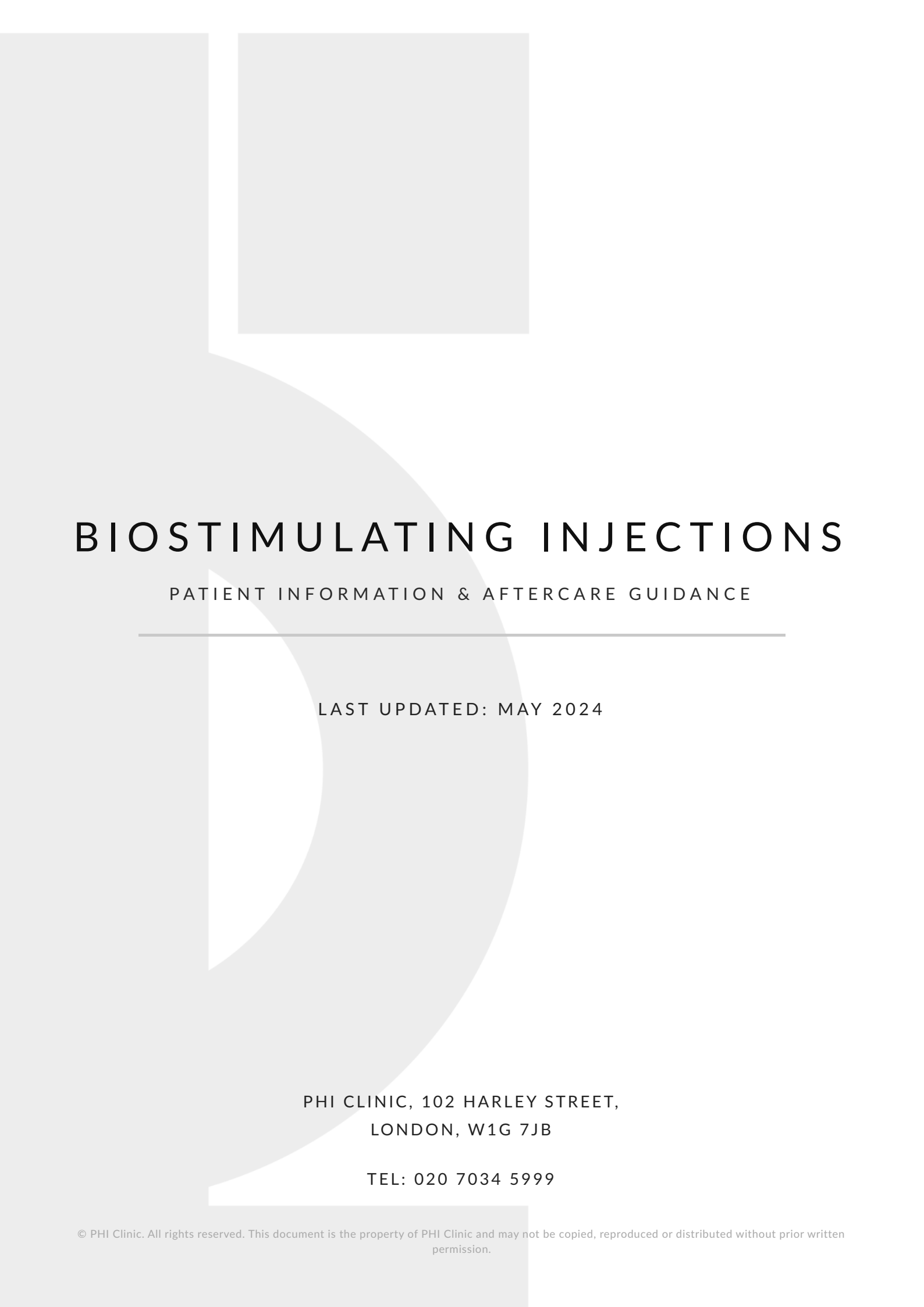




BIOSTIMULATING INJECTIONS

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: MAY 2024

PHI CLINIC, 102 HARLEY STREET,
LONDON, W1G 7JB

TEL: 020 7034 5999

BIOSTIMULATING INJECTIONS INFORMATION

WHAT IS BIOSTIMULATING?

Biostimulating is an injectable treatment that administers small amounts of skin boosting ingredients such as hyaluronic acid, polynucleotides, amino acids and antioxidants in a gel to enhance skin quality by hydrating and stimulating the skin's own collagen and elastin production.

Unlike wrinkle reducing and dermal filler treatments, biostimulating injections do not affect the muscles or add volume. They gradually stimulate collagen and elastin to improve the quality of the skin and attract water to improve hydration over the following weeks and months and give a 'glow' to the skin. Based on your concerns, we offer various combinations of biostimulators below.

Biostimulating Injections can come in different forms, with different ingredients, for different areas and there are many different brands. Here at Phi Clinic we have chosen Profilo, NCTF, Polynucleotides, Volite, and Sunekos.

Profilo is a well-known skin enhancer used to treat the mid and lower face, neck, chest and hands as well as some body areas. Profilo adds deep hydration and stimulates dermal cell remodelling to improve skin firmness and laxity.

NCTF is a popular skin enhancer used to treat fine lines, hydrate and improve skin radiance. Furthermore, it restores skin elasticity.

Polynucleotides using PhilArt, Plinest or Newest stimulates collagen to the face and eye area. It is perfect for people who are concerned with tired under eyes. **Note:** contraindicated in those with a vegan lifestyle.

Volite is a juvederm range of hyaluronic acid injection however unlike its family of volumising gels, Volite hydrates and improves skin elasticity.

Sunekos uses a light hyaluronic acid with amino acids to restore skin elasticity and naturally volumises delicate areas of the face such as the under eye and mouth area.

These brands all work in a similar way, however your practitioner will advise the best product for your concerns. The treatment is suitable for men and women and has skin benefits for patients of all ages and skin types.

WHAT AREAS CAN BE TREATED?

The most common areas of treatment include the under eye where many other treatments are not suitable and mouth area for more targeted treatment. It is also popular to the face, neck and décolletage for people who are experiencing the early stages of the natural aging process. Areas of the body can also be treated in some people such as arms, knees and abdomen.

HOW MANY SESSIONS WILL I NEED, AND HOW FAR APART CAN I HAVE THEM?

The treatment plan will vary depending on each patient, the areas of concern and the product chosen. Typically 2-3 treatments are required spaced at 2-6 week intervals, followed by a maintenance treatment every 6 – 12 months as needed.

Some areas such as the under eye and neck and any areas with advanced skin laxity can often require 3 or more treatments, however this will be assessed by your practitioner.

AM I A SUITABLE CANDIDATE?

Biostimulating injections are suitable for people of all ages and skin types who want to improve the hydration and elasticity of their skin. As with all treatments, results can vary from person to person depending on the skin laxity, texture and level of sun damage.

Typically results can take 6 weeks to start to see effects.

PRE-TREATMENT INFORMATION:

The treatment will be carried out in a sterile environment. All make up must be removed before arriving to the clinic.

Please avoid taking aspirin or ibuprofen on the days leading up to your treatment as this can increase the risk of bruising, unless advised otherwise by your GP.

Excessive caffeine and alcohol intake 24 hours before treatment can also increase the risk of bruising.

Bruising and swelling are normal and are common side effects following any injectable treatment. Please arrange treatments far in advance of events and social occasions to avoid unnecessary downtime.

Please speak to your practitioner if you are having other aesthetic procedures as some treatments in the same area may have to be spaced out at 2-4 week intervals.

WHO WILL CARRY OUT MY TREATMENT?

Biostimulating Injections will be carried out by one of our doctors or nurses here at Phi Clinic. All of which are highly experienced and trained by our medical director Dr Tapan Patel.

HOW MUCH WILL IT COST?

Prices start from £350 per treatment. Multiple session may be required depending on the concern.

POST-TREATMENT INFORMATION

You have now had Biostimulating treatment.

Depending on the chosen product your side effects may vary however the most common side effects are listed below:

- You may have pronounced lumps to the areas of injection and these may persist for 24-48 hours
- You may experience tenderness in the treated area
- Swelling can occur especially to the under eye area – this is typically worse immediately after treatment and the morning after
- You may experience tightness and swelling for a few days following treatment
- Following any injections bruising can occur. Depending on the area treated, pinpoint to extensive bruising may be noted. The area can be covered with makeup from the following day
- Avoid strenuous exercise, saunas, spas and excessive alcohol should be avoided for 24 hours post treatment to minimise the bruising risk
- The product may be palpable to touch initially and this is normal. This will slowly integrate into the surrounding tissues within a few days
- You can wash and apply your normal daily skincare following treatment however please avoid retinol and exfoliating acids for 24hours to reduce irritation
- As the gel integrates into the surrounding tissues the sensation of the lumps and swelling will wear off and the results will begin to show at 3-6 weeks
- If you experience increased pain, skin colour changes or anything not mentioned above, please contact your practitioner

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have had medication administered to you pre-treatment however some practitioners may apply topical local anaesthetic cream for your comfort.

Some products contain Lidocaine in the product to assist with the treatment comfort.

For Further Information:

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**