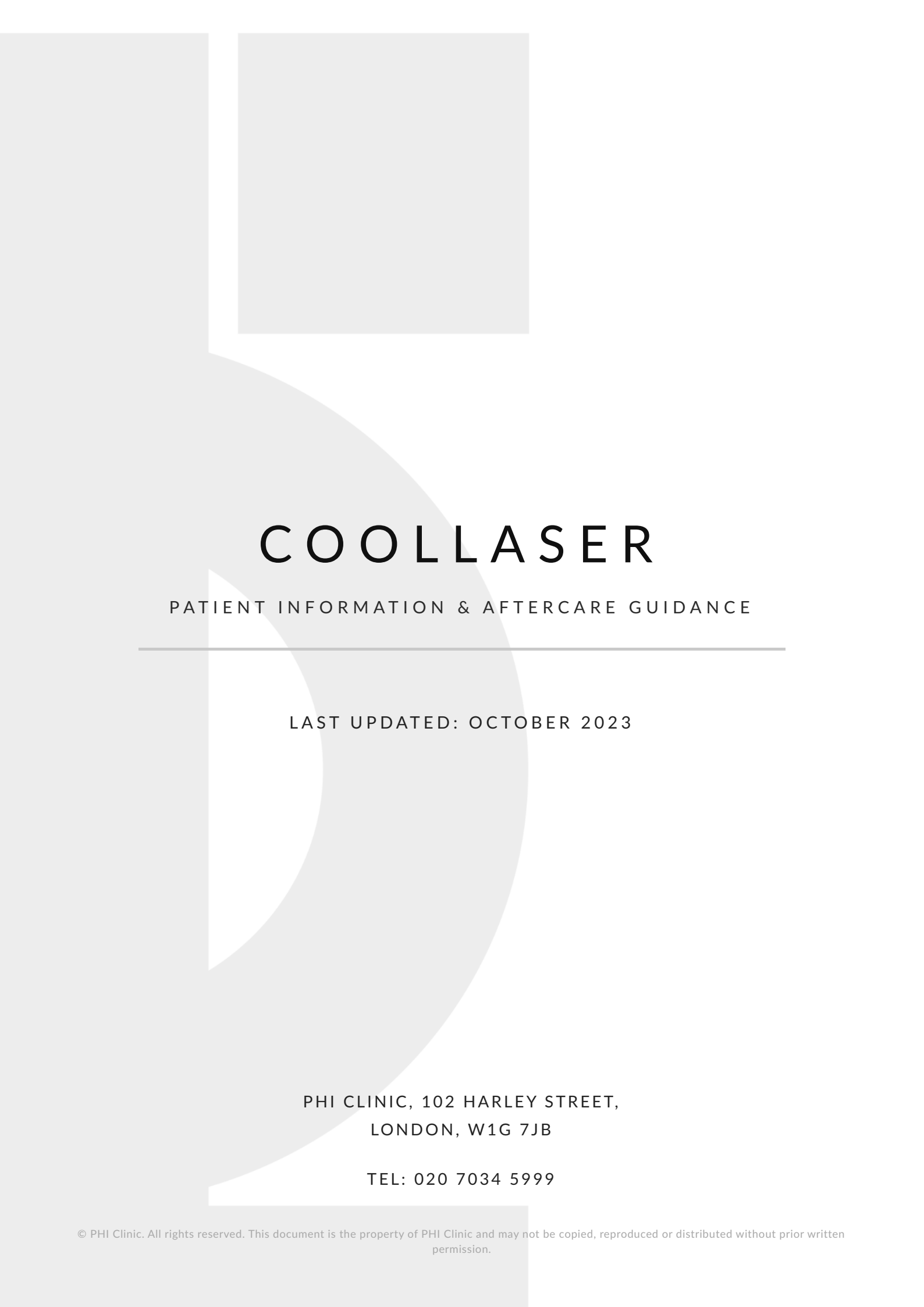




COOLLASER

PATIENT INFORMATION & AFTERCARE GUIDANCE

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COOLLASER INFORMATION

WHAT IS THE COOLLASER TREATMENT AND HOW DOES IT WORK?

The **CoolLaser treatment** is a fractional ablative laser (2940nm) used for skin resurfacing. Skin resurfacing treatments are used to reduce the signs of aging, deep wrinkles, progressive sun damage, treat scarring and improve skin texture, laxity and tone. The laser works by removing a shallow layer of skin to reveal fresh, new skin and is ideal for patients seeking a dramatic improvement in minimal sessions. This laser also helps to promote collagen production and to increase the firmness of the skin.

WHO IS SUITABLE FOR THE COOLLASER TREATMENT?

CoolLaser Treatment is suitable for anyone looking to improve the overall health of the skin including texture and tone. It is suitable for all skin types as settings can be adjusted depending on the concern being treated. This allows us to offer two different levels of treatment plus a CoolBleph option.

CoolLaser Lite is the ultimate minimal downtime treatment providing light exfoliation for skin that needs a refresh or a little exfoliation giving 1-2 days of downtime.

CoolLaser Plus is a step up from this providing a more advanced level of resurfacing where there is some fine lines, wrinkles, progressive sun damage, scarring, and enlarged pores. This can have up to 5 days of downtime.

CoolBleph is a treatment for improving the eye area only. It can be carried out on Lite or Plus settings depending on the severity of the concern, providing collagen production and skin tightening to the thin delicate skin that is often the first area to show signs of aging.

Unlike many other lasers, CoolLaser has less downtime compared to other traditional ablative lasers and is perfect for people who cannot afford extended downtime.

HOW OFTEN SHOULD I HAVE TREATMENT, AND HOW MANY SESSIONS WILL I NEED?

The amount of treatments will vary depending on each individual concern and the severity of the settings used. The clinician treating you will tailor a treatment plan to suit the individual, and will advise how many treatments may be required, which is frequently a course of treatment.

WHAT RESULTS CAN I EXPECT?

CoolLaser Treatment aims to give the skin a more smooth, even and tighter appearance. It is important to understand that although results are more dramatic and long lasting with ablative lasers as opposed to non-ablative, we cannot guarantee that results are permanent. In many cases the clinician may

suggests the **CoolLaser** as a course or in combination with an alternative treatments to get a maximum result, depending on the presenting concern.

WHAT WILL I LOOK LIKE AFTER TREATMENT?

How your skin looks after treatment will depend on the settings chosen. Generally post treatment the skin will appear red like a sun burn with mild swelling immediately after treatment and a faint grid pattern on the surface. The UltraLite settings - the redness and swelling will slowly start to reduce over 2-3 days with a little dryness or sandpaper like sensation. The Lite and CoolBleph treatments - redness and swelling can persist for 5-10 days after treatment with the skin becoming dry and tight 2-3 days after treatment. A grid like pattern from the laser can persist for up to a week after treatment with the higher settings and pin point bleeding typically occurs for 1-2 days after treatment with more advanced settings.

It is important to maintain the area as directed in your aftercare leaflet, to ensure the area heals properly. Downtime will depend on the settings used and your practitioner will tell you what to expect prior to treatment. For the more aggressive lite settings to the face the downtime can be approx. 5-10 days.

PRE- TREATMENT INFORMATION:

Depending on the settings chosen, a topical local anaesthetic cream may be applied for 45 minutes prior to treatment to help make the treatment more comfortable. You will be made aware of this if anaesthetic is required. We ask that you arrive with a clean face and no make-up. Treatment will be carried out in a sterile environment, therefore all make up will need to be removed and then the skin will be sterilised.

Sun exposure to the area of treatment is a contraindication to laser and so should be avoided 4 weeks prior to treatment. Fake tan is also contraindicated and should not be applied to the intended treatment area for 2 weeks pre-treatment.

The use of retinol and other exfoliating products should be discontinued 3 days prior to treatment to avoid excessive irritation. Taking any anticoagulant medications can causing bruising to the treatment area which may delay the healing process. Please inform your clinician if you are taking any medications as some medication can make the skin more sensitive to light.

Cold sores are a contraindication to treatment due to the risk of spreading the virus, if you have a cold sore and are scheduled for treatment please contact the clinic to postpone your treatment.

Please avoid taking aspirin or ibuprofen (unless otherwise instructed by your GP) or excessive caffeine and alcohol on the days leading up to your treatment as this can increasing the risk of bruising and bleeding. Sun exposure is contraindicated 4 weeks pre and post treatment.

HOW MUCH WILL IT COST?

As each patient and their concern differs, your practitioner will advise which level of the CoolLaser treatment is best suited for you and pricing of each treatment can only be established after a consultation to assess the area and severity of the concern.

Prices start from:

CoolLaser Lite - £450 per session

CoolLaser Plus - £700 per session

CoolBleph - £795 per session

Often courses are recommended for the best outcome. Course prices will vary depending on the concern and courses are paid for upfront on the day of your first treatment.

NEED MORE INFORMATION OR GUIDANCE?

Please call 0207 034 5999 or email info@phiclinic.com if you would like further details about your treatment, or to schedule in your appointment.

COOLLASER AFTERCARE

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

Following treatment you will experience the following side effects for 24-72 hours. They will slowly start to reduce over the next 7 days:

- Skin will remain red or pink
- Swelling to the treated area (Especially after CoolBleph)
- A grid like pattern will be visible for 2-3 days
- The skin will have a dry/sandpaper like sensation for 2-3 days
- Brown or darker areas of dry dead skin will form and then fall off
- Tenderness or discomfort
- Heat or a sunburn like sensation
- A tightness or dry sensation

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have had medications administered to you pre or during this treatment. However in some situations such as the CoolBleph procedure a lidocaine 5-10% cream will be applied to the treatment area to aid comfort and Tetracaine eye drops will be administered if the treatments required ocular shields.

IMMEDIATELY POST TREATMENT:

On the day of treatment your practitioner will apply a healing cream and sometimes an SPF30+ if in daylight hours. Following this it is advised to:

- Gently cleanse the skin that evening and apply a moisturising cream or ointment to encourage the healing process and reduce the itchy/dry sensation.
- Apply moisturiser as much as you desire for the next 24-72 hours. A product such as IsClinical Sheald Recovery Balm or Calejim Night Recovery is advised. TRPro may have been given to you following some treatments such as CoolBleph. If so apply this twice daily after washing with luke warm water.
- Do not let the skin become dry – apply moisturisers such as Sheald Balm or in some cases Vaseline as much as needed.
- Avoid excessively touching the treated area until healed.

- If the skin feels hot cool packs/ ice rollers can be applied but please ensure they are not directly from the freezer as this can damage the skin – wrap in a clean towel and then apply to the skin.
- Painkillers such as paracetamol can be taken if you wish to reduce any tenderness however please avoid aspirin or ibuprofen for the first 48 hours.
- Avoid strenuous activity and saunas or steam rooms for 48 hours minimum as this will further increase redness and swelling to the skin.
- Avoid exposure to the sun during the course of your laser treatment for the following reasons: Laser exposure increases photosensitivity. Tanned skin can increase the chance of burning during treatment.
- If you should go out in the sun, a minimum of SPF30 is recommended and should be applied regularly to the treatment area.
- Avoid the use of perfumed or active skincare and products such as retinol, glycolic acid etc in the treated area for one week post treatment.
- Should you need to apply makeup after treatment, mineral based makeup is recommended although it is advised to leave the treated area free from makeup for 24 hours post treatment.
- In the unlikely event that your redness or swelling is increasing or you develop an area of broken skin as a result of treatment, contact the clinic to let your practitioner know.
- Apply a healing product such as aloe vera liberally to the area will aid healing of any areas of broken skin. Apply 3 times daily and avoid exposure to the sun.

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**