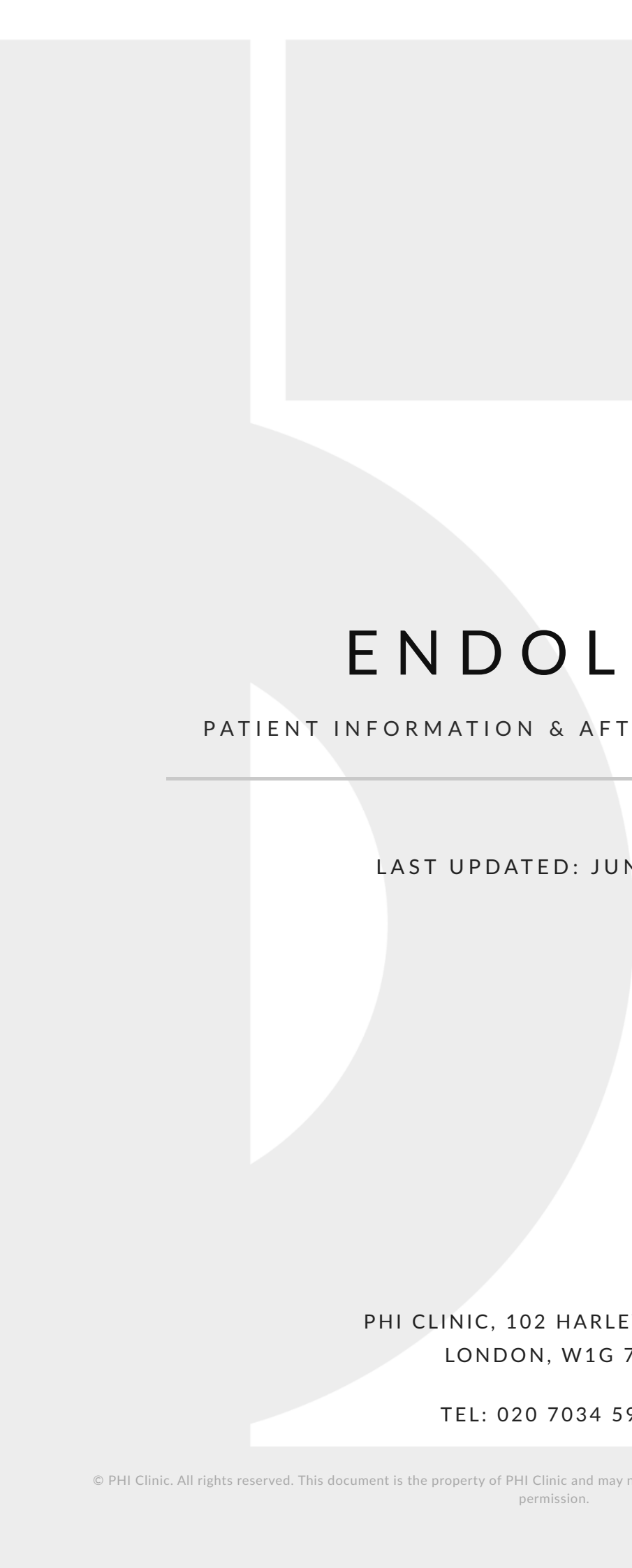




ENDOLIFT

PATIENT INFORMATION & AFTERCARE GUIDANCE

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

TEL: 020 7034 5999

ENDOLIFT INFORMATION

WHAT IS ENDOLIFT AND HOW DOES IT WORK?

During treatment, tiny micro-optical fibres are inserted into the skin, in the hypodermis. These fibres create microchannels that act as a light path in the skin, allowing the device to transmit laser energy to target water and fat in the body. Throughout treatment, the laser energy encourages new collagen production as well as improving the metabolic functions of the extracellular matrix, which is the network that provides physical and biochemical support to the surrounding cells. Where needed, we are also able to melt fat cells beneath the skin for patients who require it. This treatment is suitable for all skin types and can be performed throughout the year.

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

The majority of patients require only one Endolift treatment, though for even greater results your clinician may recommend a further session or a combination treatment with another device.

WHAT RESULTS CAN I EXPECT?

It is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. Factors such as weight gain, unhealthy lifestyle, damage to the skin or the development of a medical condition may impact the results achieved. Skin tightening results are experienced at around 3-6 months after treatment. As with any energy-based device, one of the limitations of treatment is that there is always a small possibility that there may not be a significant response or outcome.

WHAT WILL I LOOK LIKE?

Immediately after your procedure, you may experience some redness, swelling and bruising. The swelling commonly persists for a few days however in some cases can last several weeks. The redness usually subsides in the coming days. Patients can expect some sensory changes such as numbness, tingling or tenderness to the treated areas for several weeks post-treatment. There is a very small risk of irritation of a motor nerve during the treatment, so for lower face treatments, you may notice an asymmetry of your mouth movements when you smile or speak for several weeks post-procedure. This is usually temporary.

After your treatment we advise not to do any strenuous physical exercise for 3 days and to avoid make-up until the next day. Recommended aftercare advice will be given after treatment to help to achieve the best results possible and minimise complications.

IS THERE ANY DOWNTIME?

You may experience some discomfort in the evening following treatment, but this is minimal and can be treated with paracetamol or a simple painkiller provided you do not have any contraindications. If any complications arise from the procedure, please contact your practitioner who will guide you on your next steps and ensure you are looked after.

IMPORTANT INFORMATION:

Good nutrition and hydration prior to this treatment is important prior to the treatment so you feel completely comfortable as you will be lying down for at least an hour. Please ensure you have eaten prior to treatment. Please make your practitioner aware if you have any metal pins, plates or implants.

HOW MUCH WILL IT COST?

As each patient and their concern is individual, unique pricing of each treatment can only be established after a consultation to assess the area, size of the concern.

NEED MORE INFORMATION?

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

ENDOLIFT AFTERCARE INFORMATION

You have now had the Endolift procedure.

Side effects and downtime will vary depending on the area and severity of treatment however

COMMON SIDE EFFECTS AND DOWNTIME INCLUDE:

- Heat
- Swelling
- Tenderness and discomfort
- Redness
- Bruising

These can last anywhere from 3-10 days or longer in more rare cases.

RARE SIDE EFFECTS INCLUDE:

- Pain
- Pigmentation changes – lightening or darkening of the skin
- Skin burns of varying degrees
- Ulceration or blistering of the skin
- Paraesthesia/dysesthesia/hyperaesthesia/
- Nerve injury/neuropraxia – typically lasting up to a couple of months but could alter facial expressions
- Optical fibre breakage under the skin resulting in micro incision and removal and such results in an incision site

DOWNTIME:

Please avoid strenuous exercise for 3 days post treatment or anything that would make the face hot, flushed or potentially swollen such as saunas, steam rooms etc. Please avoid facials and other facial aesthetic treatments for 2 weeks and make up application or 24 hours.

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Pre treatment you will have been administered lidocaine 2% with adrenaline in a saline solution to the treatment area. This will make the treatment more comfortable for you and can last for a couple of hours after treatment.

REVIEW AND RESULTS:

Results can take 3-6 months for the full effect. Following treatment you will be asked to schedule a review at 4-6 weeks to monitor healing and again after 3 months to evaluate the outcome using before and after photography.

Should you need any further advice that is not listed above, 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**