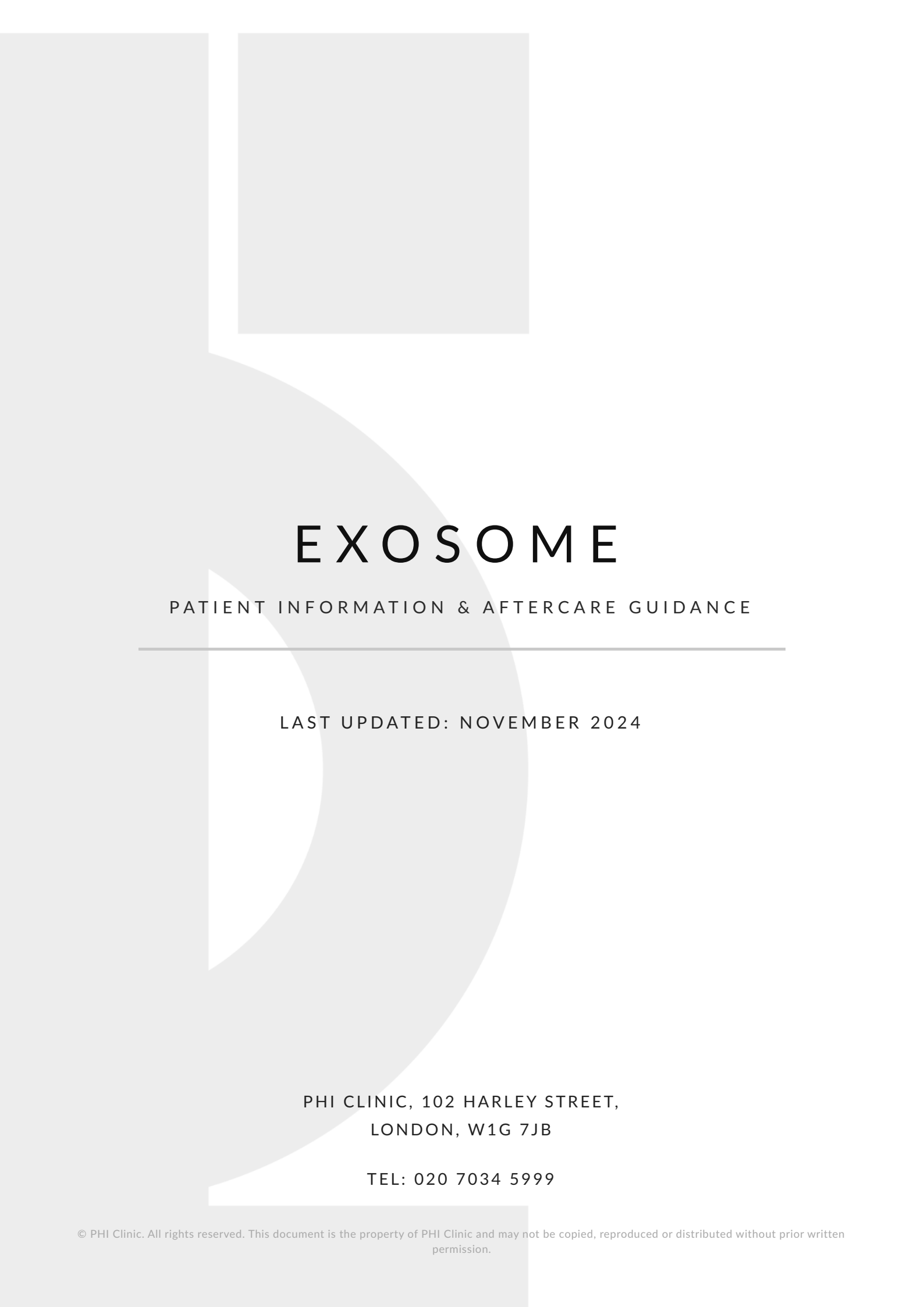




EXOSOME

PATIENT INFORMATION & AFTERCARE GUIDANCE

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EXOSOME INFORMATION

WHAT ARE EXOSOMES AND WHAT ARE THEY USED FOR?

Exosomes are tiny, naturally occurring particles that act like messengers in the body. They are released by cells and carry important information to help other cells function and repair themselves. Think of exosomes as little 'packages' of instructions that tell your skin how to repair damage, whether from aging or sun exposure. They boost the skin's ability to heal and repair themselves.

Benefits include their ability to reset cellular activity, stimulate collagen production, maintain skin firmness and elasticity, accelerate skin repair, reduce inflammation, and enhance skin texture and tone. Furthermore, specifically the hair complex can regenerate hair follicles.

Here at Phi Clinic we use 'Purasomes' from Dermafocus, which are ethically sourced exosomes from bovine colostrum but also have the added benefit of containing essential growth factors, hyaluronic acid, amino acids, plant-derived stem cells, antioxidants, peptides, vitamins and/or coenzymes.

There are three types of Purasomes (two for the face and one for the hair):

1. Skin Nutri Complex is suited to mature, dry, distressed and damaged skin in need of repair. With enhanced penetration ability, it deeply nourishes and replenishes skin by promoting angiogenesis and new tissue formation. This can help soften fine lines and wrinkles, age spots, dry and dehydrated skin and acne scarring.
2. Skin Glow Complex is a perfect solution for patients suffering from poor skin tone. Whether their skin needs brightening or they're aiming to reduce hyperpigmentation, this product helps create a more harmonised and even complexion. Clinically proven to significantly reduce melanophilin production, this decreases the formation of pigmentation, revitalises skin for radiance and vitality, reduces free radicals and creates a long-lasting protective barrier against sun radiation. Furthermore it can help oily skin and acne scarring.
3. Hair & Scalp Complex is designed to stop hair loss and regenerate hair follicles to restore their normal functioning. It resets the strength of the dermal papilla, stopping hair loss and creating a better environment for hair to grow. This regulates the hair growth cycle, allowing stronger and thicker hair to grow through on a healthy and hydrated scalp.

The choice of exosomes will be decided by your practitioner. These are applied topically and are compatible with the following delivery systems; energy based device treatments (e.g. microneedling, microneedling radiofrequency, ablative resurfacing), dermal fillers, botulinum toxin A, biostimulators, and LED light therapy. They have been shown to reduce downtime and enhance results of these treatments.

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

Treatments can be carried out every 4-6 weeks. The number of treatments will be based on your indication and advised by your clinician. Generally we recommend a minimum of 3 treatments to see a significant result and then maintenance as required usually every 4-6 months.

PRE-TREATMENT INFORMATION:

All make up will be removed to the area prior to treatment. Please remove before arrival to the clinic. Sun exposure and fake tan to the area of treatment is not a direct contraindication however it is advised to avoid both of these to the treated area to reduce the risk of post treatment complications and so should be avoided 4 weeks prior to treatment.

WHAT WILL I LOOK LIKE IMMEDIATELY POST TREATMENT?

This will depend on the delivery system chosen. Please see additional information and aftercare leaflet attached.

WHAT RESULTS CAN I EXPECT?

Results vary from each individual and can be seen from 1 week to 3 months post treatment. You can expect to see an improvement in the texture and tone of the skin.

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.

EXOSOME PATIENT AFTERCARE

Please follow the recommended aftercare advice of the delivery system chosen by your practitioner to achieve maximum results and to avoid complications:

- Avoid exposure to heat such as baths saunas, steam rooms and exercise for up to 48 hours

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT

Routinely you will not have had medications administered to you pre or during this treatment.

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**