



GENTIX-GF

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: JUNE 2023

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

TEL: 020 7034 5999

GENTIX-GF TREATMENT INFORMATION

WHAT IS A GENTIX-GF TREATMENT?

GENTIX-GF is a unique combination, exclusive to PHI clinic. GENTIX-GF uses 3 different modalities in combination with Growth Factors to amplify results on the face, neck, décolletage and hands. The treatment starts off with Laser-Genesis, followed by TIXEL and is finished off with award winning Growth Factors and Dermalux LED light.

WHAT IS LASER-GENESIS AND HOW DOES IT WORK?

Laser-Genesis is a non-invasive treatment that is gentle, yet effective. Laser-Genesis has been scientifically proven to stimulate collagen remodelling, improve the appearance of fine lines and wrinkles, reduce signs of aging, and improve mild redness. Laser-Genesis works by gently heating up the dermis stimulating collagen and elastin production, as well as encouraging skin rejuvenation.

WHAT IS TIXEL AND HOW DOES IT WORK?

TIXEL is a skin rejuvenating treatment that increases collagen production smoothing the appearance of scars, fine lines and wrinkles as well as improving thin crepey skin texture. TIXEL is particularly effective in treating the eye area as it can be used on upper and lower eye lids up the lash line. TIXEL uses thermo-mechanical ablative technology (TMA) via a small titanium tip to deliver heat energy to the superficial layer of skin. The technique is non-invasive with the tip momentarily applied to the skin's surface. TIXEL is also effective for encouraging transdermal drug delivery, ensuring a deeper penetration of the Growth Factors applied after the treatment.

WHAT ARE GROWTH FACTORS AND HOW DO THEY WORK?

Growth Factors are found throughout the body. Growth Factors are a group of specialized proteins that float between cells conveying crucial messages, most important to replicate, repair and rejuvenate. Growth Factors are vital to maintain a youthful appearance as they are responsible for helping to reverse the visible signs of chronological aging and premature aging.

WHAT IS DERMALUX LED LIGHT AND HOW DOES IT WORK?

Dermalux LED Light Therapy is a non-invasive light treatment that uses narrow band, non-thermal LED light energy to trigger the skin's natural rejuvenation and repair processes with no pain or downtime. Dermalux LED Light Therapy uses a combination of pure visible red, blue and near infra-red light to stimulate the deeper skin tissue. It can be used as a stand-alone treatment or combined with various other treatments to enhance results and assist in healing of the skin.

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

GENTIX-GF treatments are patient specific depending on the concern and the desired outcome. It is recommended that a minimum of 3 treatments are carried out, one month apart to give optimum results. Depending on the specific concern and desired result, the number of sessions may be increased or decreased.

WHAT RESULTS CAN I EXPECT?

The desired outcome will result in a tighter, smoother appearance to the skin. It is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. Factors such as ageing, damage to the skin or the development of a medical condition affecting the skin may impact the results achieved. A maintenance treatment every 6-12 months is advised following a course.

PRE-TREATMENT INFORMATION:

Sun exposure is a contraindication to this treatment 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 cause bruising to the treatment area and so 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 and maybe a contraindication to treatment.

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 remove all make up including eye make-up prior to arriving at the clinic.

You will have a sunburnt like appearance on the skin following treatment. Make-up cannot be applied to the treated or surrounding area for 12 hours following treatment. Please allow for this before booking treatment to ensure complications are reduced.

WHAT WILL I LOOK LIKE?

Initially the skin will remain red for up to an hour after treatment and may be hot to the touch. While there is no downtime the skin can remain red with minor swelling to the area 24-72 hours post treatment. Make-up, preferably mineral based make up, can be applied 12 hours post treatment. Recommended aftercare advice and homecare suggestions will be given after each treatment to help to

achieve the best results possible and to minimise complications. Please ensure that you leave with the correct homecare suggested to produce optimum results.

HOW MUCH WILL IT COST?

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

GENTIX-GF AFTERCARE INFORMATION

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

- We recommend the Sheald Recovery Balm is used as often as possible for the 3 days post treatment or until the skin heals.
- Please follow the correct homecare regime as suggested by your practitioner to ensure optimum results.
- Avoid prolonged exposure to heat such as hot baths, saunas, steam rooms and exercise for up to 24 hours.
- Avoid sun exposure where possible for up to four weeks. Ensure the application of a minimum SPF30 to the area regardless of the weather.
- Avoid the use of exfoliating products such as retinol and Alpha Hydroxy Acid based products for at least 3 days or until the skin has healed, as this may cause irritation to the area.
- Avoid touching or irritating the treated area. It is common to have incrustations from the heated titanium cones. Do not attempt to remove these as it may cause damage to the skin.
- Do not wash the face for 8 hours post treatment to allow the Growth Factors to stay on the skin and work effectively.

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Prior to treatment you will routinely have had topical local anaesthetic cream applied to your skin to improve comfort.

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Swelling and redness for 2 – 3 days
- Small incrustations
- Tightness

24-72 HOURS POST TREATMENT:

After a minimum of 8 hours (that evening or the following morning), wash face with a gentle face wash. Apply AQ Active and/or Eye Serum as daily topical treatment.

After allowing the AQ Active/or Eye Serum to set for 10 minutes, apply your daily skin care products / your daily regimen – moisturizer, sunscreen, etc.

AFTER 7 - 10 DAYS:

Once the skin has return to normal you can start reintroducing exfoliating products such as retinol, glycolic acid etc.

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**