



GROWTH FACTOR

PATIENT INFORMATION & AFTERCARE GUIDANCE

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GROWTH FACTOR INFORMATION

WHAT IS A GROWTH FACTOR AND HOW DOES IT WORK?

Growth Factors, or better described as cell regulators, are found throughout the body stimulating all cellular processes. Growth Factors consist of a group of specialized proteins that float between cells conveying crucial messages, most importantly to replicate, repair and rejuvenate our cells. 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 by encouraging our cells to function more efficiently. Growth Factors literally makes your cells behave in a more youthful, healthy way!

HOW ARE GROWTH FACTORS ADMINISTERED?

Growth Factors are applied to the skin like a serum. They can be administered immediately after certain treatments in clinic and as part of your daily skincare regime.

Following energy based treatments such as tixel, microneedling and laser, growth factors can be applied to encourage deeper more adequate penetration into the skin to kick start the cell regulation process. These are very potent growth factors that are available only in clinic. Following this, Growth factors should be applied daily to get the best results.

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

Adding a Growth Factor onto treatments is 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. It is important to note that the use of Growth Factor homecare serum optimises results and if used correctly should last approximately 3 months.

WHAT RESULTS CAN I EXPECT?

The desired outcome will result in healthier, 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 of the energy based device with growth Factors every 6-12 months is advised following a course as well as at home use of Growth Factors.

PRE-TREATMENT INFORMATION:

Please remove all make up including eye make-up prior to arriving at the clinic. Depending on the treatment carried out with the Growth Factors, make-up may not be recommended to 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?

This will depend on the treatment you are having with the Growth Factors however with most treatments the skin will remain red for up to a couple of hours after treatment and may be hot to the touch. Growth Factors help to reduce downtime such as redness and inflammation by encouraging your cells to heal quickly and so can drastically reduce downtime. Make-up, preferably mineral based make up, can typically 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 optimise results.

HOW MUCH WILL IT COST?

To add on Growth Factors to an in clinic treatment starts from £60 for a full face application per treatment and the homecare serum retails for approximately £150 which lasts approximately 3 months.

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.

GROWTH FACTOR AFTERCARE INFORMATION

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

- Do not wash the face for 8 hours following in clinic Growth Factor application to optimise the results.
- We recommend purchasing the home serum to obtain optimum results. This can be applied morning onto clean skin followed by your regular skincare regime and SPF30+. Your typical morning skincare regime should incorporate the growth factors as follows:

1. Cleanse
2. 1-2 pumps of the AQ Active Serum/Cellderma GF5
3. Antioxidant serum
4. Eye cream
5. Moisturizer
6. Sunscreen

- 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 following any energy based treatment.
- 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 redness and tenderness following energy based devices. The Growth Factor application should dramatically speed up the healing process however downtime is normal after most procedures.

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have been administered any medication 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**