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PATIENT INFORMATION & AFTERCARE GUIDANCE

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M22 INFORMATION

WHAT IS THE M22 AND WHAT IS IT USED FOR?

The M22 system is a multi-application platform that can treat a variety of different skin concerns from scars, stretchmarks and aging skin to redness and pigmentation.

The non-ablative Resurfx hand piece is used for the treatment of acne scars, surgical scars, stretchmarks as well as treatment of uneven texture such as lines, wrinkles and loose skin. The ability to change and adapt the parameters allows for an individual and customised treatment depending on the size and depth of each scar or concern.

The IPL hand piece is used for treatment of redness and pigmentation such as broken capillaries and sun spots to the face as well as overall skin rejuvenation.

The Nd:Yag hand piece is used to treat thread veins to the body.

The different hand pieces allow for customized and combination treatments depending on each individual's requirements. Some of these hand pieces can be used alone or in conjunction with each other for multiple concerns.

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

M22 treatments are patient specific, depending on the concern and the desired outcome. On average it has been found that 4-6 sessions are needed to see a significant improvement. These sessions should be spaced 4-6 weeks apart. Depending on the specific concern and desired result, the number of sessions may be increased or decreased.

WHAT RESULTS CAN I EXPECT?

It is important to understand that while results can be significant and 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.

WHAT WILL I LOOK LIKE?

Initially the skin will remain red for up to a few hours after treatment and may be hot to the touch. While there is no downtime the skin can remain slightly red with minor swelling to the area 24-72 hours post treatment. Normal daily activities may be resumed immediately post treatment however we do ask that you avoid strenuous exercise, saunas and steam rooms for 24 hours. Recommended aftercare advice

will be given after each treatment to help to achieve the best results possible and to minimise complications.

PRE-TREATMENT INFORMATION:

A patch test is required before starting any new laser treatment. The patch test is for your safety and must be performed 24-48 hours pre-treatment. Laser test patches are valid for 6 months as long as the skin has not been exposed to sun or medical conditions have not changed. If you have not had this laser treatment within the last 6 months, a new patch test is required before laser treatment can commence.

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 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. 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.

If you have not had laser treatment within the last 6 months, a new patch test is required before laser can commence.

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 area and severity of the concern. Prices start from £450 per session however 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.

M22 AFTERCARE INFORMATION

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 when they will slowly start to reduce:

- Skin will remain red or pink
- Swelling to the treated area
- Tenderness or discomfort
- Heat and/or a sunburn like sensation
- A tightness or dry sensation

On the day of treatment your practitioner will apply a healing cream and 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 desired for the next 24-72 hours. A product such as IsClinical Sheald Recovery Balm is advised
- Avoid excessively touching the treated area until healed
- If the skin feels hot cool packs can be applied but please ensure they are not directly from the freezer as this can damaged the skin – wrap in a clean towel and then apply to the skin
- Painkillers such a paracetamol can be taken if you wish to reduce any tenderness however please avoid aspirin or ibuprofen for the first 48 hours
- 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 make up for 24 hours post treatment
- In the unlikely event that your redness or swelling is increasing or you develop a burn or blister as a result of treatment, contact the clinic to let your practitioner know

- Applying a healing product such aloe vera gel liberally to the area will aid healing or any burns or blisters and sooth the area. Apply 3 times daily and avoid exposure to the sun

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will have been administered topical local anaesthetic cream pre-treatment to improve comfort levels.

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**