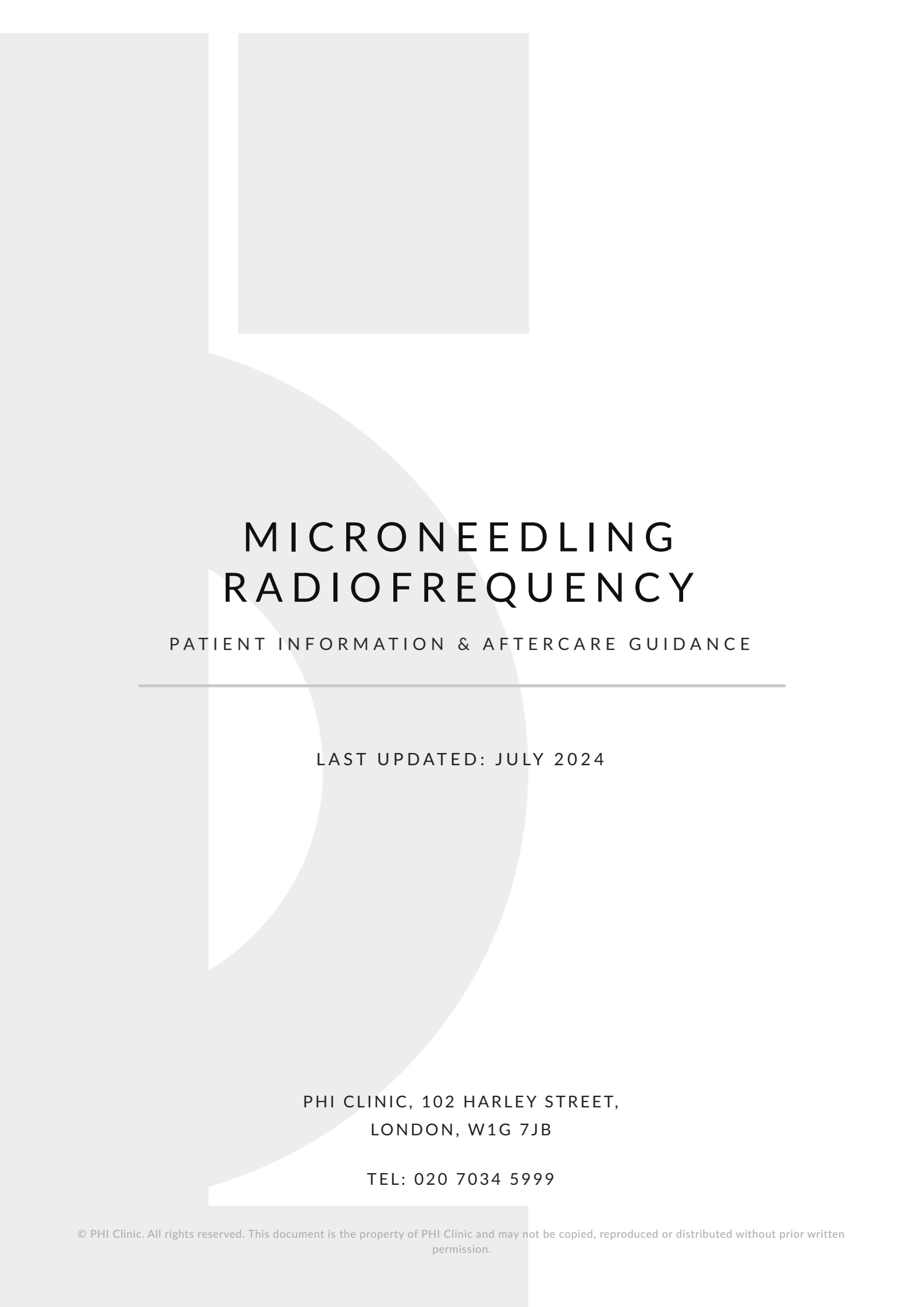




MICRONEEDLING RADIOFREQUENCY

PATIENT INFORMATION & AFTERCARE GUIDANCE

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MICRONEEDLING RADIOFREQUENCY INFORMATION

WHAT IS THIS AND HOW DOES IT WORK?

Microneedling radiofrequency is high intensity radio frequency and micro-needling system that is used to rejuvenate the skin, increase collagen production, reduce acne scars and stretch marks as well as improve the skin's tone and texture. Treatment can be performed on both the face and the body, and works to renew skin cells by inserting micro-needles and delivering radiofrequency energy into the dermis layer. Microneedling radiofrequency is ideal for treatment of loose, thin, crepey skin especially to the neck area.

We have two microneedling radiofrequency devices here at Phi Clinic- Secret RF and Exion. Your practitioner will choose the most suitable device based on your concerns.

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

Microneedling radiofrequency treatments are patient specific depending on the concern and the desired outcome. On average it has been found that 3-6 sessions are needed to see a significant improvement. These sessions should be spaced 2-6 weeks apart. Depending on the specific concern, the number of sessions may be increased or decreased depending on the desired result.

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 ageing, damage to the skin or the development of a medical condition affecting the skin may impact the result. Annual maintenance treatments are advised.

WHAT WILL I LOOK LIKE?

Initially the skin will remain red and swollen for up to a couple of 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. Recommended aftercare advice will be given after each treatment to help to achieve the best results possible and to minimise complications.

HOW MUCH WILL IT COST?

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

PRE-TREATMENT INFORMATION:

Treatment will be carried out in a sterile environment. Therefore all makeup will need to be removed and then the skin will be sterilised. Please avoid taking aspirin or ibuprofen (unless otherwise instructed by your GP) or excessive caffeine and alcohol on the days leading up to your treatment as this can increase the risk of bruising. 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. Fake tan is 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. 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.

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.

MICRONEEDLING RADIOFREQUENCY AFTERCARE INFORMATION

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

- Avoid exposure to heat such as baths, saunas, steam rooms and exercise for 48 hours
- Avoid sun exposure, where possible for up to two weeks and use a broad spectrum SPF 30 +
- Avoid wearing make up for 24-72 hours
- A cold compress can be used to cool the skin
- Avoid the use of exfoliating products, retinols and Alpha Hydroxy Acid based products for at least 72 hours, as this may cause irritation to the area
- Avoid touching or irritating the treated area. It is common to have incrustation from the insertion points of the micro needles. Do not attempt to remove these as it may cause damage to the skin
- Follow a gentle skin care regime for up to 10 days post treatment
- The skin may become dry with flakiness- if this does occur it is advisable to use a gentle moisturiser as recommended by your clinician such as Sheald Recovery Balm by Isclinical

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Swelling with mild bruising and/ or redness for 2-3 days
- Incrustations from microneedles
- Mild to moderate pain

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will have had topical local anaesthetic cream applied to the treatment area pre-treatment to make the treatment more comfortable for you.

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**