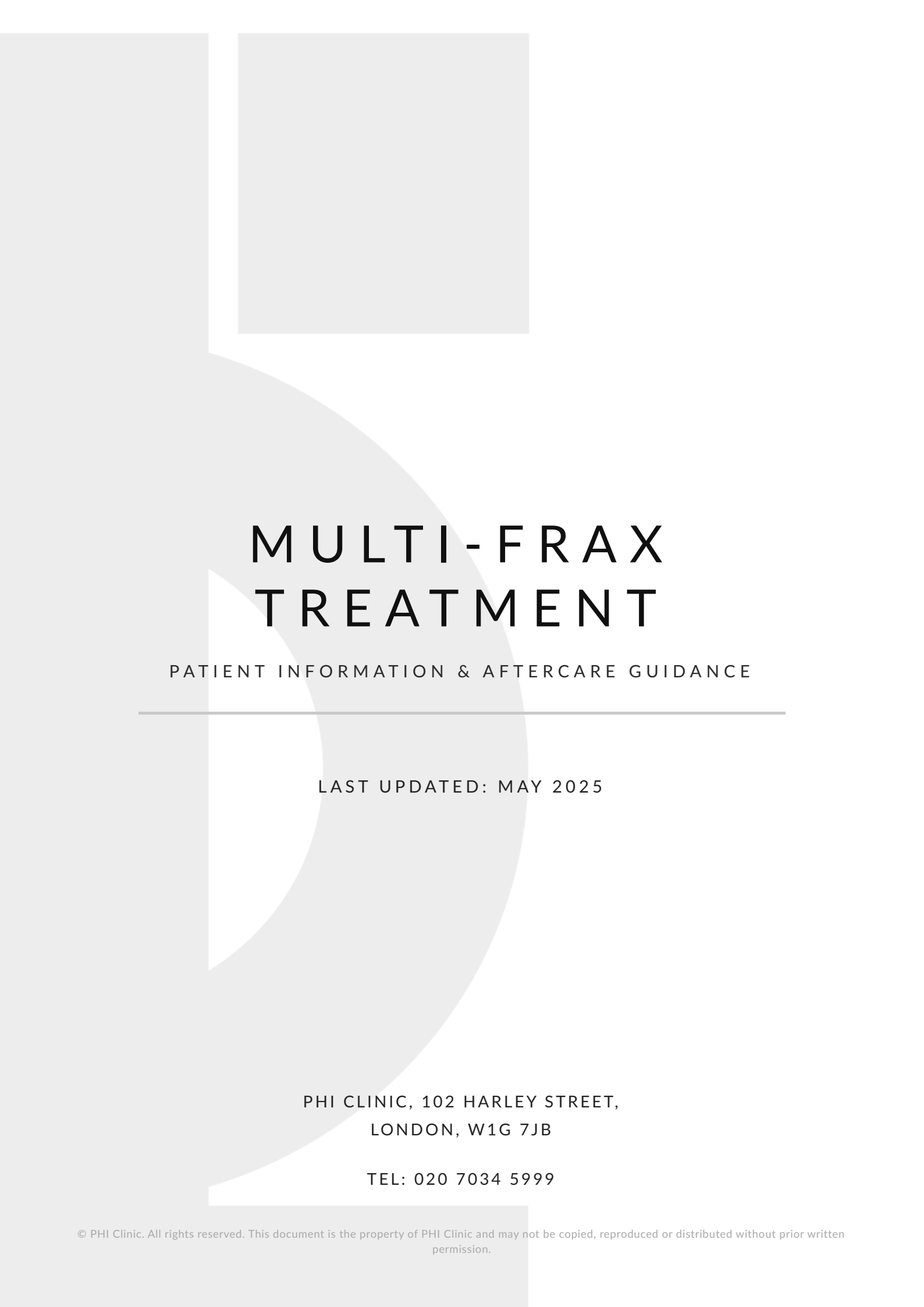




MULTI-FRAX TREATMENT

PATIENT INFORMATION & AFTERCARE GUIDANCE

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MULTI-FRAX TREATMENT INFORMATION

WHAT IS THE MULTI-FRAX TREATMENT AND HOW DOES IT WORK?

The **Multi-Frax Treatment** is a non-invasive skin rejuvenation procedure that combines two advanced technologies to improve skin texture, tone, and overall appearance. It uses a dual fractional laser energy to target multiple layers of the skin. One wavelength penetrates deeper to address wrinkles and scars, while the other wavelength focuses on the skin's surface to improve pigmentation and texture. Treatment is typically well-tolerated, with minimal downtime and gradual, natural-looking improvements over several sessions.

WHO IS SUITABLE FOR THE MULTI-FRAX TREATMENT?

The **Multi-Frax Treatment** is suitable for individuals looking to improve the overall quality of their skin without surgery or significant downtime. It is ideal for people with concerns such as fine lines, wrinkles, acne scars, enlarged pores, uneven skin tone, mild skin laxity and sun damage. This treatment is generally safe for most skin types and tones, but a consultation with a qualified practitioner is essential to assess individual skin conditions, medical history, and treatment goals.

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

The number of treatments and how often you should have Multi-Frax Treatments will depend on your skin type, the specific concerns being addressed and desired results. Most patients benefit from a series of 3 to 5 treatments, spaced 4 to 6 weeks apart. This allows the skin time to heal and regenerate between sessions while steadily improving texture, tone, and firmness. Some individuals may see visible improvements after just one session, but optimal results typically appear gradually over the course of the full treatment plan. Your practitioner will create a bespoke plan tailored to you based on your goals and skin condition.

WHAT RESULTS CAN I EXPECT?

With the **Multi-Frax Treatment**, you can expect gradual but noticeable improvements in your skin's texture, tone and firmness. Common results include smoother skin, reduced fine lines and wrinkles, smaller pores, faded acne scars, and a brighter, more even complexion. The combination of laser resurfacing and radiofrequency energy also helps stimulate collagen production, leading to firmer, more youthful-looking skin over time. While some improvement may be seen after the first session, the most significant and long-lasting results typically appear after completing the recommended series of treatments.

WHAT WILL I LOOK LIKE AFTER TREATMENT?

After a **Multi-Frax Treatment**, it's normal to experience some redness, mild swelling, and a warm or sunburn-like sensation in the treated areas. These effects typically last 24 to 72 hours, depending on your skin's sensitivity and the intensity of the treatment. You may also notice some minor flaking or rough texture as your skin begins to heal and renew over the following days. Most people can resume normal activities within a day or two, though you may prefer to avoid social events for a short period while your skin recovers. Your provider will give you aftercare instructions to help soothe the skin and protect your results during healing.

The practitioner will advise you tailored aftercare instructions and may also ask that you send daily photos for up to a week of the treated area to monitor your progress.

PRE- TREATMENT INFORMATION:

Depending on the settings chosen, a topical local anaesthetic cream may be applied for 45 minutes prior to treatment to help make the treatment more comfortable. You will be made aware of this if anaesthetic is required. In addition, we may inject local anaesthetic. We ask that you arrive with a clean face and no make-up. Treatment will be carried out in a sterile environment, therefore all make up will need to be removed and then the skin will be sterilised

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 causing bruising to the treatment area which may delay the healing process. Please inform your practitioner 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.

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 increasing the risk of bruising and bleeding. Sun exposure is contraindicated 4 weeks pre and post treatment.

POST- TREATMENT INFORMATION:

After your Multi-Frax Treatment, it's important to care for your skin gently to support healing and achieve the best possible results. Your skin may appear red and slightly swollen, similar to a mild sunburn, and you could experience some dryness, flaking, or a rough texture over the next few days. These effects are normal and typically settle within 24 to 72 hours.

Keep your skin clean and well-hydrated by using a gentle cleanser and a soothing, fragrance-free moisturizer. Avoid using any active skincare ingredients such as retinoids, exfoliating acids, or scrubs for at least five to seven days. Sun protection is essential during the healing phase—your skin will be more sensitive to UV exposure, so apply a broad-spectrum SPF 30 or higher daily and avoid direct sunlight.

Makeup should be avoided for the first 24 to 48 hours to prevent irritation. It's also best to avoid heat and sweating, including hot showers, saunas, and strenuous exercise, for the first couple of days after treatment. Refrain from picking or scratching your skin, even if it begins to peel, to avoid scarring or pigmentation changes.

Your practitioner may provide specific post-care products tailored to your skin's needs

HOW MUCH WILL IT COST?

As each patient and their concern differs, your practitioner will advise pricing and this can only be established after a consultation to assess the area and severity of the concern.

Prices start from £495 per session.

Often 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.

NEED MORE INFORMATION OR GUIDANCE?

Please call 0207 034 5999 or email info@phiclinic.com if you would like further details about your treatment, or to schedule in your appointment.