

NOVOJET

PATIENT INFORMATION & AFTERCARE GUIDANCE

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NOVOJET INFORMATION

WHAT IS NOVOJET AND WHAT IS IT USED FOR?

NovoJet is a non-invasive technology designed to treat a wide range of skin concerns including fine lines, wrinkles, acne scars, pigmentation, uneven texture, and stretch marks. It works by delivering controlled energy to stimulate collagen production and promote skin regeneration from within, all with minimal downtime.

The **NovoJet Technology Handpiece** is used for skin resurfacing and rejuvenation. It creates micro-channels in the skin to trigger a natural healing response, making it effective for treating acne scars, enlarged pores, fine lines, and dull or uneven skin tone. Settings can be customized based on the depth and intensity required for each individual concern.

The **Pigment and Redness Mode** targets sun damage, age spots, and broken capillaries using specific wavelengths of light, improving overall skin clarity and tone. It is commonly used on the face, neck, chest, and hands.

The ability to customize energy levels, treatment density and pulse duration allows NovoJet to safely treat various skin types and conditions, with protocols tailored to each patient's needs.

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

Most patients require a course of 3 to 6 sessions, spaced 4 to 6 weeks apart, to achieve optimal results. The exact number of treatments will depend on the severity of the concern, your skin type, and your response to the laser.

While improvements can often be seen after the first session, results are progressive, with continued enhancement over several months as collagen continues to rebuild.

Maintenance treatments may be recommended every 6 to 12 months to preserve long-term results, especially for anti-aging and skin rejuvenation purposes.

WHAT RESULTS CAN I EXPECT?

With NovoJet treatments, you can expect smoother, clearer, and more youthful-looking skin over time. The treatment stimulates your skin's natural repair processes, promoting collagen production and skin renewal without the need for surgery or extended downtime.

Results vary by individual, but many patients report the following improvements:

- Reduction in acne scars and surgical scars

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- Smoother skin texture and smaller pores
- Improved skin tone and brightness
- Fading of pigmentation and sunspots
- Softening of fine lines and wrinkles
- Tighter, firmer skin over treated areas

Some changes may be visible within 1–2 weeks, especially skin brightness and texture. More significant improvements, such as scar reduction or collagen remodeling, typically become noticeable after 4–8 weeks, continuing to improve over the next few months with each session.

WHAT WILL I LOOK LIKE?

Immediately after your NovoJet treatment, your skin may appear:

- Slightly pink or red, similar to a mild sunburn
- Warm to the touch in the treated areas
- Slightly swollen or tight, depending on the depth of treatment

These effects are completely normal and typically settle within 24 to 72 hours. Most people can return to normal activities the same day or the next, depending on skin sensitivity and the intensity of the session.

In the days that follow, you may notice:

- Mild flaking or dryness, as your skin naturally exfoliates
- A "sandpaper-like" texture for a few days as micro-channels heal
- Gradual improvement in tone, clarity, and texture

Makeup can usually be worn after 24 hours, and many patients feel confident enough to resume social activities shortly after.

Your practitioner will provide specific aftercare instructions, including skincare recommendations and sun protection. Following these guidelines will help you heal faster and achieve the best results.

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 cause bruising to the treatment area which may 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.

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 and bleeding. Sun exposure is contraindicated 4 weeks pre and post treatment.

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 £1500 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.

POST-TREATMENT INFORMATION:

After your NovoJet 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 and pigmentation changes.

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

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.

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