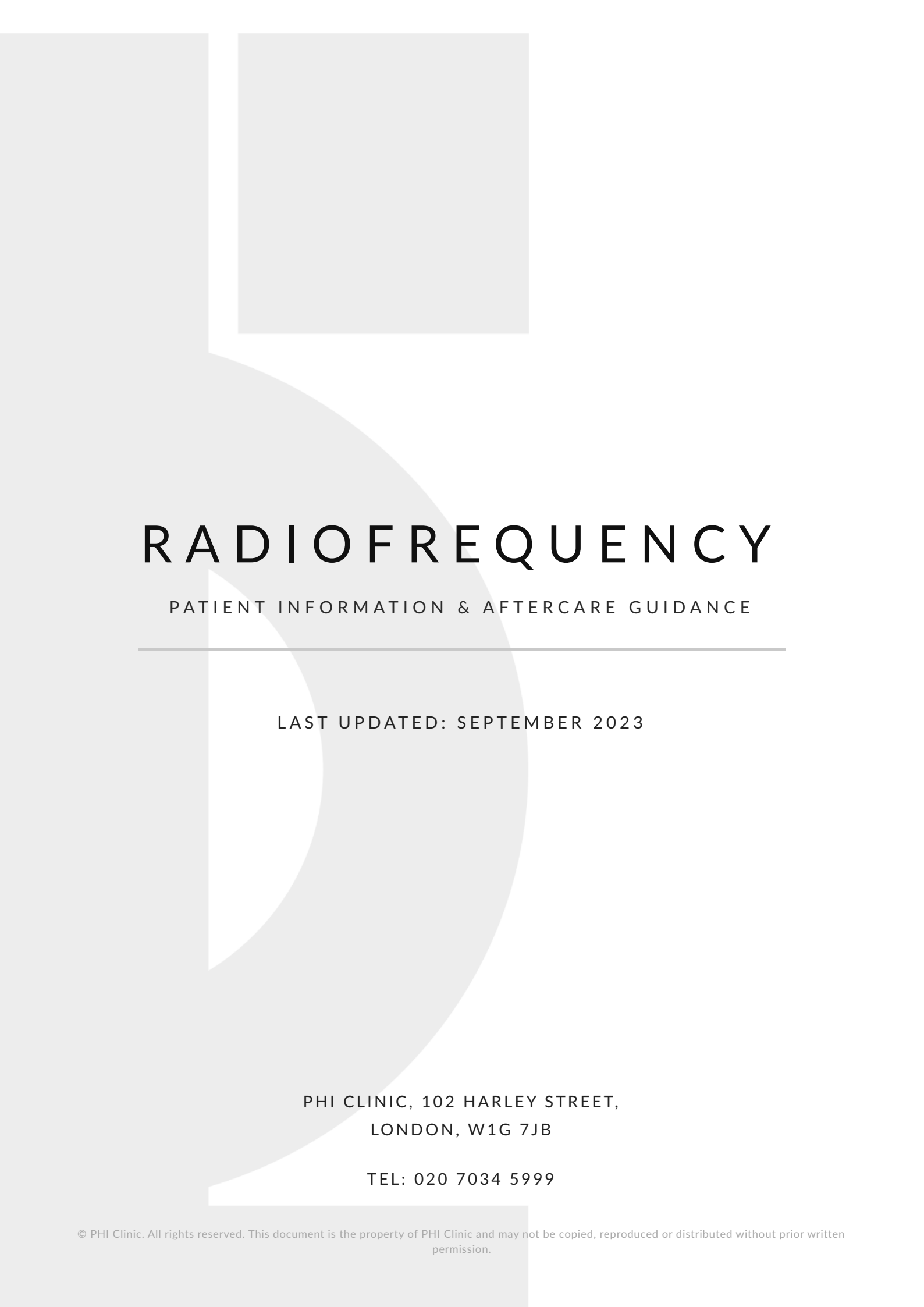




RADIOFREQUENCY

PATIENT INFORMATION & AFTERCARE GUIDANCE

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RADIOFREQUENCY INFORMATION

WHAT IS RADIOFREQUENCY AND HOW DOES IT WORK?

Radiofrequency using our Exion device is designed to focus varying depths of heat to customize treatment for skin tightening on the face and body as well as fat and cellulite reduction to the body. It can boost hyaluronic acid production, as well as improve skin laxity. The Exion device has different hand pieces and settings to treat the face and/or body to target fat layers for fat cell reduction or the deeper layers of the skin to generate new collagen for skin tightening.

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

Radiofrequency 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 1-2 weeks apart depending on the area being treated and the severity of the concern. Radiofrequency can be combined with other treatments such as the diamond glow facial, microneedling, microneedling radiofrequency and/or Emface to improve results. Ask your practitioner for details on combination packages.

WHAT RESULTS CAN I EXPECT?

It is important to understand that while results are long-lasting, they are not permanent. Factors such as weight gain, unhealthy lifestyle, damage to the skin or the development of a medical condition can also impact the results achieved. Maximum results are experienced 3 months after the last treatment.

WHAT WILL I LOOK LIKE?

Initially the skin will remain red for up to an hour 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.

PRE TREATMENT INFORMATION:

Please inform your practitioner of metal implants such as pins and plates and any medical devices such as pacemakers or diabetes monitors that you have. This includes dental implants and fillings.

The treatment cannot be carried out on area with hair so you may be asked to be clean shaven if you have a beard or other facial hair. Please avoid washing your hair prior to treating the face as it's likely it will need washing following treatment due to the application of ultrasound gel.

Good nutrition and hydration prior to this treatment is essential for this treatment to work as the device will not operate if the client is dehydrated. Please ensure you have eaten prior to treatment.

A pad is required to be placed on your upper back for this treatment. Please ensure you wear loose clothing to ensure the pad can be applied with ease. You may be asked to remove or loosen undergarments to allow for this.

HOW MUCH WILL IT COST?

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and severity of the concern. Prices start from £450 per session for a single area.

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.

RADIOFREQUENCY AFTERCARE INFORMATION

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

- Avoid strenuous activity and saunas or steams rooms for 48 hours minimum as this will further increase redness and swelling to the skin.
- It is important to understand that weight gain due to unhealthy diet and lifestyle will prevent you from reaching your full results. Developing a medical complication or becoming less mobile may also have effect on the results achieved. The Exion device is designed to assist in fat reduction and skin tightening along with a healthy diet and active lifestyle
- Drinking plenty of water will help to eliminate the broken down fat cells from the body
- The area may be slightly red, warm and tender to touch with mild swelling for up to 72 hours post treatment
- We advise you book your course of treatment at 1-2 week intervals for best results

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Swelling and/ or redness for 2-3 days
- Mild tenderness

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT

Routinely you will not have had medications administered to you 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**