

SECRET RF PRO

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: JUNE 2023

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SECRET RF PRO INFORMATION

WHAT IS SECRET RF PRO AND HOW DOES IT WORK?

Secret RF Pro combines radio frequency and micro-needling to stimulate and remodel collagen followed by fractional CO2 resurfacing laser to address more severe signs of aging, scarring and textural skin issues as well as improving the skin's tone. Treatment can be performed on both the face and the body, and works to renew skin cells by inserting micro-needles and emitting radiofrequency energy to the dermis layer followed by Co2 laser to the surface of the skin. The laser works by removing a shallow layer of skin to reveal fresh, new skin and is ideal for patients seeking a dramatic improvement in a single session. This laser also helps to promote collagen production and to increase the firmness of the skin however due to its fractional technology it can be tailored to give less side effects and downtime of traditional full ablative Co2.

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

Secret RF Pro treatments are patient specific depending on the concern and the desired outcome. Some patients may need more than one session. Typically it is advised 3 sessions of the needling and radiofrequency and 1 to 2 sessions of Co2 laser. The clinician treating you will tailor a treatment plan to suit the individual, and will advise how many treatments may be required.

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 results achieved. We advise maintenance treatments annually following a course of treatment.

WHAT WILL I LOOK LIKE?

Post treatment the skin will appear red with swelling and possible bleeding immediately after treatment and for a number of days after treatment. We do not advise use of public transport after treatment due to the risk of infection. We advise that you organise to be collected after the treatment. The pin point bleeding may form incrustations that can last for up to a week or so after treatment. These can cause itching and will gradually fall off to reveal fresh new skin. There is 7-14 days downtime associated with any ablative treatments and so it is important to consider this prior to treatment. It is important to maintain the area as directed in your aftercare leaflet, to ensure the area heals properly. Your clinician may also ask that you send daily photos for up to a week of the treated area to monitor your progress.

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:

This is an advanced skin tightening and resurfacing treatment and so comes with a number of rules pre-treatment. A topical local anaesthetic cream is applied 1 hour prior to treatment to help to make the treatment more comfortable. We ask that you arrive with a clean face and no make-up. Treatment will be carried out in a sterile environment. 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.

Smoking is not advised for anyone who wants to achieve healthier skin and should be stopped at least 4 weeks pre-treatment to aid healthy blood supply to the skin. Sun avoidance is a must following treatment and should be avoided for a minimum of 3 months post 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 and may be a contraindication to treatment.

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.

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.

If it has been over 6 months since your initial consultation and/or you have had skin changes such as acne or pigmentation you must have a face to face review with your practitioner prior to the appointment to ensure it is still suitable to proceed.

SECRET RF PRO AFTERCARE INFORMATION

Following treatment you will experience the following side effects:

- Pain or discomfort in the areas treated. You can take some **Paracetamol 1g** if needed. You can apply Vaseline as often as required if you feel tight or uncomfortable or itchy
- Swelling will increase for about 48 hours after the procedure- this is normal and to be expected. It will then start to subside **after day 3** and is usually **gone by day 7**
- Redness can be severe immediately after treatment but will start to go down by **day 3-4**. Mild redness can persist for several weeks post treatment
- Incrustations occur after **day 2** when the swelling has started to go down. You will see the dead pigmented top layer of skin begin to peel off in patches leaving the pink and sensitive new skin beneath- this is normal. Continue to apply Vaseline and avoid picking or scratching
- Pink dry skin by **day 5**. The incrustations will have fallen off to reveal pink new healthy skin underneath. At this point you can change from using Vaseline to a moisturiser plus a sun block (SPF30 minimum). Reapply the moisturiser frequently

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

- You will be provided with sterile sachets of **Vaseline**. Use this liberally and frequently especially in the first five days post treatment to help keep the area moist at all times. Make sure you wash your hands thoroughly before applying the Vaseline. It is vital that you do not let your skin become dry or exposed until the surface has healed (this is usually five days however, can be longer).
- The use of **vinegar soaks** can help with itching as well as having antiseptic properties. We recommend to carry out vinegar soaks 3-5 times a day for the first week and then as needed after. To make a vinegar soak boil 1 litre of water and allow it to cool. Mix 1 tablespoon of white distilled vinegar mixed with 1 cup of the cool boiled water. Soak the gauze we have supplied to you or a clean flannel in the solution and applied to the skin for 10-20 minutes. You should find the soaks to be soothing. If the solution is irritating for some reason, the vinegar may be diluted by half (one half a tablespoon of vinegar to one cup of water).

REMEMBER:

- Ensure hands are clean and sanitised prior to application of Vaseline, ointment and use of a flannel to reduce the risk of infection.
- Avoid picking, scratching or rubbing any crustings on the skin – apply more Vaseline if tempted.
- Avoid saunas, steam baths, hot water or swimming for 14 days
- Avoid direct sun exposure for 3 months.

- Do not use exfoliating products such as retinol, tretinoin, glycolic acid for at least three weeks after the treatment or until the skin has returned to normal
- Follow a gentle skin care regime for up to 10 days post treatment – cleanse, Vaseline/moisturiser and SPF
- Please email a picture of your skin to your practitioner every day for approx. 10 days post treatment – the picture must be in natural light, facing towards a window to capture the front on and both sides of the face.
- You can start to apply mineral make up from the day you switch to a moisturiser however please ensure make up brushes are clean and use mineral make up ideally. Please be aware that it may not cover the redness completely
- Avoid the use of tretinoin, retinol, glycolic acid, lactic acid, salicylic acid and other exfoliating products for approx. 3 weeks. Your practitioner will advise you when it's suitable to restart these.
- Sun exposure must be avoided on the treated area for a minimum of 3 months and SPF50 must be worn daily and reapplied when outside for long periods. Furthermore, you can wear a sun hat.

MEDICATIONS YOU MAY HAVE BEEN GIVEN PRE OR DURING TREATMENT:

Topical Lidocaine and Prilocaine cream 5% or 10% lidocaine cream

Lidocaine 2% via injection to the area of treatment

Paracetamol 1gram

*Please note not all medications may be given - your practitioner will advise you

POST TREATMENT MEDICATIONS:

Following aggressive treatments for acne scarring, deep lines and complete skin resurfacing there is an increased risk of infection and cold sore outbreaks. You will be provided with medication to take home with you or a prescription should you need medications in the days after the treatment. This is not required for lighter resurfacing treatments.

This will include:

- An **antibiotic** to take for **five days** to prevent infection
- An **anti-viral** to take for **five days** to prevent outbreak of cold sore virus
- A **steroid** cream/ointment to reduce inflammation

If you are required to take the medication your practitioner will let you know and you must complete the course of medication which you have been prescribed - failure to do so can result in a severe infection and permanent scarring.

RECOVERY DAY 1-7:

DAY 1-3

Your skin will remain red, tender and swollen with possible pin point bleeding and some clear fluid may develop from the skin

Avoid going outside in day light hours to prevent UV exposure

Wash the area twice daily with lukewarm water and pat dry with a clean soft flannel

Stem Cell Growth Factor Serum or Growth Factor Serum morning and evening (only if advised by your treating practitioner)

Apply Bethnovate Ointment morning, afternoon and evening (only if advised by your treating practitioner)

Apply Vaseline and reapply as much as is required throughout the day to prevent itching

Change your pillow case daily

Sleep on an incline (multiple pillows) to reduce swelling

Carry out Vinegar Soaks if desired (see details above)

DAY 3-7

The skin will turn from red to pink, crusting will start to develop making the skin feel dry and itchy. Do not pick or scratch the skin allow these to fall off naturally.

Wash the area twice daily with lukewarm water and pat dry with a clean soft flannel

Apply either a Stem Cell Growth Factor Serum or Growth Factor Serum morning and evening (only if advised by your treating practitioner)

Apply Bethnovate Ointment morning afternoon and evening (only if advised by your treating practitioner)

Apply Vaseline and reapply as much as is required throughout the day to prevent itching

Once the crusting falls off (usually day 5-7) switch from Vaseline to Hydrate Moisturiser or Sheald Balm and use as desired throughout the day

Apply SPF50 if going outside during the day and where possible wear a sunhat

Change your pillow case daily

Carry out Vinegar Soaks if desired (see details above)

You can start to apply mineral based make up from the day you switch to your normal moisturiser however please ensure make up brushes are clean and to use mineral based make up where possible.

Please be aware that it may not cover the redness completely

Avoid the use of tretinoin, retinol, glycolic acid, lactic acid, salicylic acid and other exfoliating products for 3 weeks

Sun exposure must be avoided on the treated area for a minimum of 3 months and SPF50 must be worn daily and reapplied when outside for long periods.

Exercise can be resumed 10 days post treatment

WHEN WILL I SEE THE EFFECTS?

- Depending on the settings used, from day 7-10 you will usually see the remaining swelling and redness and any bruising begin to subside.
- After the treatment it is normal for the improvement take up to 3 - 6 months to reach its maximum effect but it is likely that within two weeks you will see that your skin is clearer, smoother and brighter with the appearance of fewer lines and wrinkles.
- Please remember every individual is different and we cannot give any guarantee as to the eventual outcome or to the duration of the effects.
- Sun exposure will further damage your skin and reverse the effects of the treatment. Sun Avoidance with application of SPF 30+ daily is essential post treatment.

IMPORTANT!

Please ensure that you email three pictures of your skin daily following treatment for 10 consecutive days.

These three photos should be front on, right side and left side and taken in natural daylight.

Please email photos to ____@phiclinic.com or Whatsapp ____

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**