



# SKIN COCKTAILS

PATIENT INFORMATION & AFTERCARE GUIDANCE

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# SKIN COCKTAILS INFORMATION

## WHAT ARE SKIN COCKTAILS?

Skin Cocktails are an injectable treatment we offer here at Phi Clinic that administers small amounts of skin boosting ingredients such as hyaluronic acid, polynucleotides, amino acids, PLA polylactide (Poly D, L-lactide) and antioxidants in a gel to enhance skin quality by hydrating and stimulating the skin's own collagen and elastin production.

Unlike wrinkle reducing and conventional dermal filler treatments, these do not affect the muscles or add significant (if any) volume. They gradually stimulate collagen and elastin to improve the quality of the skin and attract water to improve hydration over the following weeks and months.

Skin Cocktails here at Phi Clinic come in different forms, with different ingredients, for different areas and there are many different products that we use. Here at Phi Clinic we have chosen NCTF, Polynucleotides, Volite, and PLA fillers.

**NCTF** is a popular skin enhancer used to treat fine lines, hydrate and improve skin radiance. Furthermore, it restores skin elasticity.

**Polynucleotides** using PhilArt, Plinest or Newest stimulates collagen to the face and eye area. It is perfect for people who are concerned with tired under eyes. **Note:** contraindicated in those with a vegan lifestyle.

**Volite** is a juvederm range of hyaluronic acid injection however unlike its family of volumising gels, Volite hydrates and improves skin elasticity.

**PLA Fillers-** Juvelook or Lenisna- is a hybrid filler, combining both the benefits of the immediate filling effect, resulting from the use of HA hyaluronic acid, and the long term stimulation of collagen production thanks to the use of PLA polylactide (Poly D, L-lactide). This can be used to help restore volume in the face and under the eye, as well as on the body to volumize, improve skin laxity, reduce cellulite and improve skin thickness.

Your practitioner will advise the best product for your concerns. The treatment is suitable for men and women and has skin benefits for patients of all ages and skin types.

## WHAT AREAS CAN BE TREATED?

The most common areas of treatment include the face and the under eye where many other treatments are not suitable and mouth area for more targeted treatment. It is also popular to the face, neck and décolletage for people who are experiencing the early stages of the natural aging process. Areas of the body can also be treated in some people such as arms, knees and abdomen.

## HOW MANY SESSIONS WILL I NEED, AND HOW FAR APART CAN I HAVE THEM?

The treatment plan will vary depending on each patient, the areas of concern and the product chosen. Typically 2-3 treatments are required spaced at 2-6 week intervals, followed by a maintenance treatment every 6 – 12 months as needed.

Some areas such as the under eye and neck and any areas with advanced skin laxity can often require 3 or more treatments, however this will be assessed by your practitioner.

## AM I A SUITABLE CANDIDATE?

Skin Cocktails are suitable for people of all ages and skin types who want to improve the hydration and elasticity of their skin. As with all treatments, results can vary from person to person depending on the skin laxity, texture and level of sun damage.

Typically results can take 6 weeks to start to see effects.

## PRE-TREATMENT INFORMATION:

The treatment will be carried out in a sterile environment. All make up must be removed before arriving to the clinic.

Please avoid taking aspirin or ibuprofen on the days leading up to your treatment as this can increase the risk of bruising, unless advised otherwise by your GP.

Excessive caffeine and alcohol intake 24 hours before treatment can also increase the risk of bruising.

Bruising and swelling are normal and are common side effects following any injectable treatment. Please arrange treatments far in advance of events and social occasions to avoid unnecessary downtime.

Please speak to your practitioner if you are having other aesthetic procedures as some treatments in the same area may have to be spaced out at 2-4 week intervals.

## WHO WILL CARRY OUT MY TREATMENT?

Skin Cocktails will be carried out by one of our doctors or nurses here at Phi Clinic. All of which are highly experienced and trained by our medical director Dr Tapan Patel.

## HOW MUCH WILL IT COST?

Prices start from £600 per treatment. Multiple session may be required depending on the concern.

# POST-TREATMENT INFORMATION

You have now had Skin Cocktail treatment.

Depending on the chosen product your side effects may vary however the most common side effects are listed below:

- Once the local anaesthetic (if applicable) wears off you may experience tenderness in the treated area.
- You may experience tightness and swelling for a few days or up to one month. The chin can feel particularly tender post treatment.
- Following any injections bruising can occur. Depending on the area treated, pinpointing to extensive bruising may be noted. The area can be covered with makeup from the following day. Strenuous exercise, saunas, spas and alcohol should be avoided for 24-48 hours post treatment to minimise the bruising risk. Please note some bruises can be improved from laser treatment. If you have a significant bruise please contact the clinic by sending a photo of your bruising to see if laser is an option to speed up the healing process.
- The product used may be palpable to touch and can feel asymmetrical initially and this is normal. The product will slowly integrate into the surrounding tissues over time (up to 4 weeks) where it will feel more even and less prominent.
- Areas treated can be massaged but your practitioner will instruct you on how and if to do so but typically wait until the majority of swelling has subside before you start massaging.
- If you experience the following please contact the clinic immediately:
  - Pain or discomfort that is increasing
  - Heat and redness to the area after 12 hours
  - Skin changing colour – lightening, darkening or having a mottled appearance
  - Pustules or little white spots

## MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have had medication administered to you pre-treatment however some practitioners may apply topical local anaesthetic cream for your comfort.

Some products contain Lidocaine in the product to assist with the treatment comfort.

### **For further information:**

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](mailto:info@phiclinic.com)**