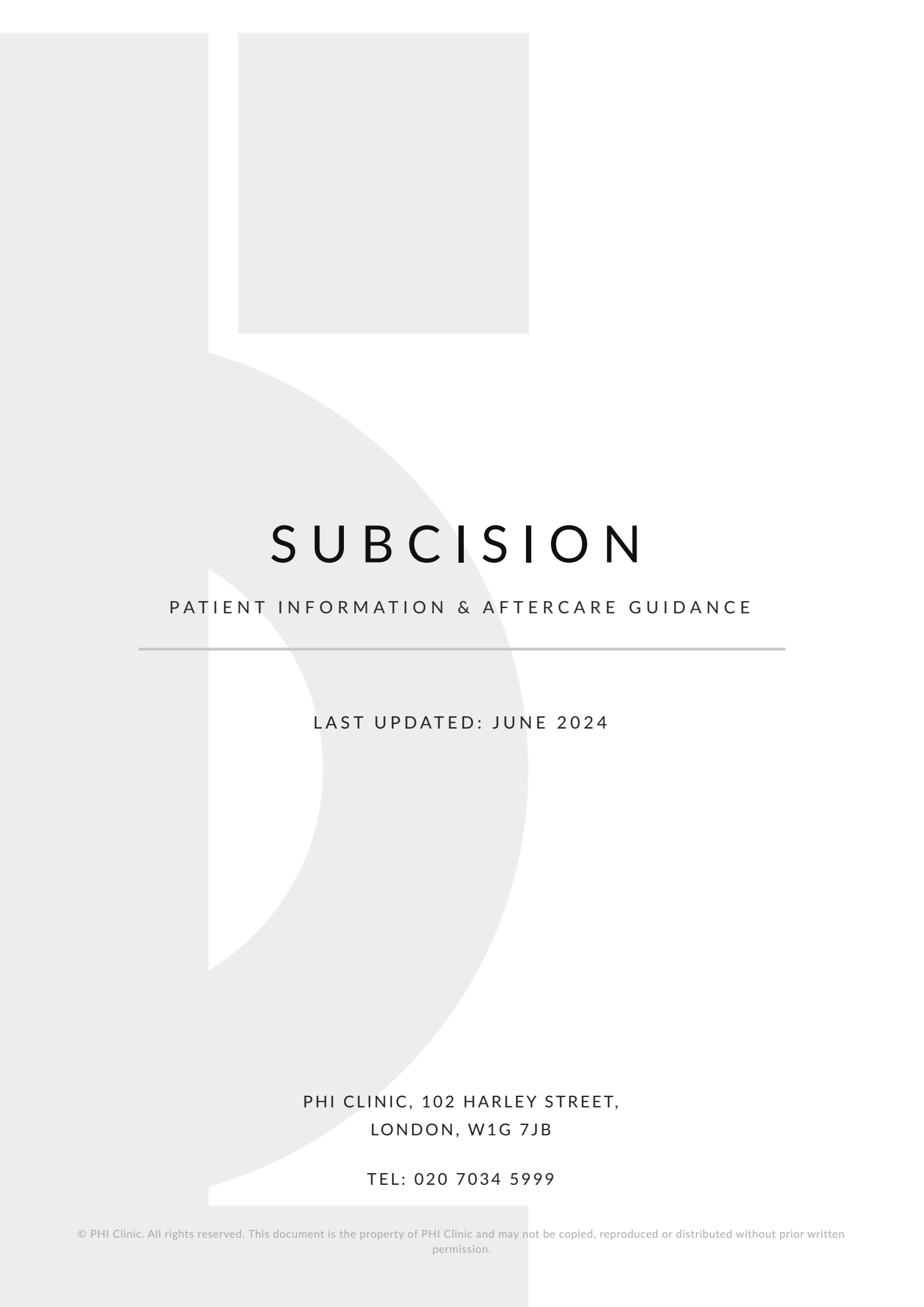




SUBCISION

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: JUNE 2024

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SUBCISION INFORMATION

WHAT IS SUBCISION AND WHAT IS IT USED FOR?

Subcision is a treatment using a cannula which releases scars that have become stuck to the deeper tissues and bound down. Scar collagen is not as supple or as neatly laid as normal collagen. This new collagen can stretch from the scar to the deeper tissues, like a web, and pull the scar down. This makes the scar look more indented and causes shadows, divots and pits. Breaking these connections helps to lift the scar back up. Furthermore, we can use this procedure to also help soften wrinkles e.g. perioral or marionette region.

The healthcare professional may also administer skin boosting ingredients using the same cannula immediately after subcision such as hyaluronic acid, polynucleotides, amino acids, PLA polylactide (Poly D, L-lactide) and antioxidants in a gel to enhance the results and improve skin quality by hydrating and stimulating the skin's own collagen and elastin production.

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

Each treatment plan will vary depending on each patient and the areas of concern therefore you may require one or multiple sessions to complete the full treatment plan discussed at consultation. If you require multiple sessions these will usually be carried out 4 weeks apart. Patients can expect to notice the effects as early as 3 weeks after treatment. This time scale is a guide as each result is on an individual basis.

AM I A SUITABLE CANDIDATE?

This will vary depending on each patient and the areas of concern. Your healthcare professional will decide if you are a suitable candidate for treatment. Results will vary from person to person and are not guaranteed in addition, it often requires combination with other devices.

PRE-TREATMENT INFORMATION:

The treatment will be carried out in a sterile environment. Therefore all make up will be removed if this has not been done so before you arrive. 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 intake the day of treatment can also increase the risk of bruising. Bruising and swelling are normal and common side effects following any treatment involving needles. Please arrange treatments far in advance of events and social occasions to avoid unnecessary downtime.

WHO WILL CARRY OUT MY TREATMENT?

Subcision treatments 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 £500 but this will vary depending on what product is being administered.

POST-TREATMENT INFORMATION

You have now had subcision treatment.

- You may have been administered some lidocaine (local anaesthetic) so once the anaesthetic 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.
- Some of the product may be palpable to touch and can feel asymmetrical initially and this is normal. The product will slowly integrate into the surrounding tissues over the 2-4 weeks where it will feel more even and less prominent.
- You can massage the area twice a day over the next two weeks with your daily moisturiser to help integrate any product that may have been administered. Other areas treated can also 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.
- End results can take up to three months or longer to be seen and we require a review with your practitioner 1-3 months post treatment.
- 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

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 for an appointment.