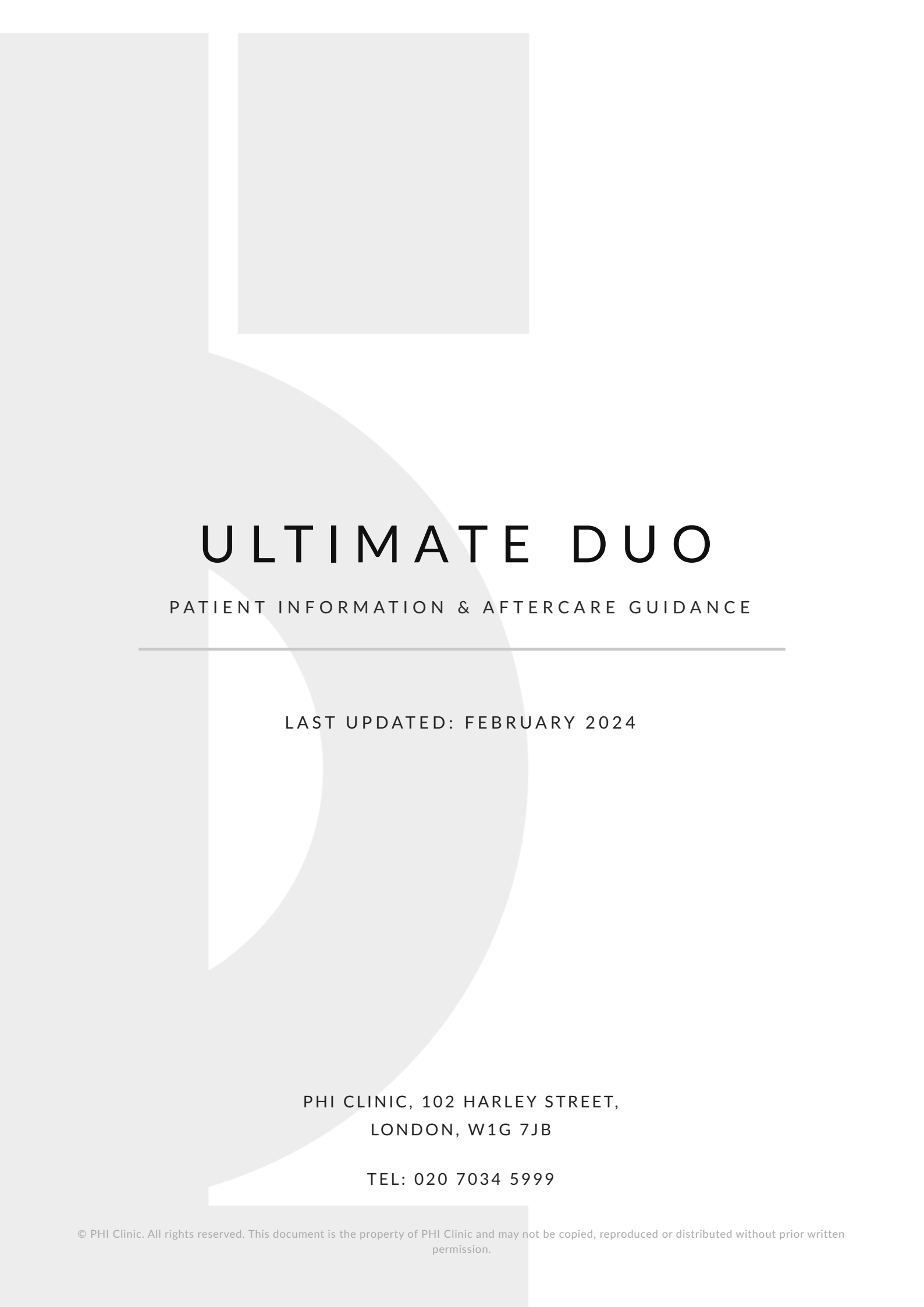




ULTIMATE DUO

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: FEBRUARY 2024

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ULTIMATE DUO INFORMATION

WHAT IS THE ULTIMATE DUO TREATMENT AND HOW DOES IT WORK?

The Ultimate Duo treatment uses 2 ablative laser devices (Ultraclear 'Clariphi', CO2 'Ultrapulse' OR Erbium Yag 'Dermablate') for skin resurfacing and rejuvenation to improve fine lines and deep wrinkles, uneven skin tone and texture, and for scarring – surgical, trauma or acne. Skin resurfacing treatments are used to reduce the signs of aging, treat moderate to severe scarring and improve skin texture, laxity and tone. The lasers work by removing a layer of skin to reveal fresh, new skin and is ideal for patients seeking a dramatic improvement in minimal sessions. These lasers also help to promote collagen production and to increase the firmness of the skin.

WHO IS SUITABLE FOR THE ULTIMATE DUO TREATMENT?

These lasers are suitable for anyone looking to improve the overall health of the skin including texture and tone. They are suitable for all skin types as settings can be adjusted depending on the concern being treated. We may need to lower the settings in patients with darker skin type. The duo of devices are used for more advanced skin concerns – lines, wrinkles, sun damage, scarring etc and so utilises the most advanced settings and can be tailored to an individual area of concern. For example, if the main concern was around the mouth, this area can be treated using the Erbium Yag 'Dermablate' while the rest of the face would receive treatment using the Ultraclear 'Clariphi'.

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

The amount of treatments will vary depending on each individual concern and the severity of the settings used. Some patients may need more than one session. 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?

The **Ultimate Duo** aims to give the skin a more smooth, even and tighter appearance. It is important to understand that although results are more dramatic and long lasting with ablative lasers as opposed to non-ablative, we cannot guarantee that results are permanent. In many cases the clinician may suggest this in combination with an alternative treatments to get a maximum result, depending on the presenting concern.

WHAT WILL I LOOK LIKE AFTER TREATMENT?

Post treatment the skin will appear red with swelling and possible bleeding immediately after treatment and possibly 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. The clinician will also ask that you send daily photos for up to a week of the treated area to monitor your progress.

PRE- TREATMENT INFORMATION:

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, your practitioner will advise which ablative laser device will be best suited for you and pricing of each treatment can only be established after a consultation to assess the area and severity of the concern.

Prices start from £3000 per session.

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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