

pinner skin

at RASA Academy for Facial Aesthetics

Patient Information

the skin clinics

at RASA Academy for Facial Aesthetics

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Contact Details

At Pinner Skin we run our sessions at:

Ravenscroft Health, 221 Marsh Road, Pinner, HA5 5NE

The general contact details during working hours are:

Tel: 01483 937774

Our receptionist will take any queries and one of our clinicians will contact you shortly after

E-mail: info@theskinclinics.co.uk

For out of hours please e-mail – info@theskinclinics.co.uk

Important information about treatment with Botulinum Toxin

INSTRUCTIONS

This is a document that has been prepared to help inform you about AZZALURE (Botulinum Toxin Type A) injections, its risks and alternatives treatments.

It is important that you read this information carefully and completely.

INTRODUCTION

AZZALURE (BOTULINUM TOXIN TYPE A) injections involve a series of small injections in order to reduce the activity of the chosen muscles for example on the brow or the forehead. Reducing the activity of the injected muscles begins to be apparent after 2-3 days with the peak effect being reached after 7 days. Results can last 3-6 months. The procedure can be repeated after 3 months; however, injections given less than 3-month intervals may reduce the efficacy of the injections. Therefore we do not encourage "top-ups".

It is important to note that we will sometimes work off license with some patients because product licenses are very limited, both in terms of dosing and site of use.

ALTERNATIVE TREATMENTS

Alternative forms of non-surgical and surgical management for the appearance of wrinkles and lines in the skin consist of topical creams, laser treatment, microdermabrasion, microneedling, chemical peels and dermal fillers. Risks and potential complications are associated with alternative forms of treatment.

RISKS OF AZZALURE (BOTULINUM TOXIN TYPE A) INJECTIONS

Every procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with one of our clinicians to make sure you understand the risks, potential complications, and consequences of AZZALURE (BOTULINUM TOXIN TYPE A) injections.

Bleeding - It is possible, though unusual, to experience a bleeding episode during or after the procedure.

Bruising - Following this procedure, it is not uncommon to bruise at the injection site.

Infection - Infection is unusual. Should an infection occur, additional treatment including antibiotics may be necessary.

Unsatisfactory results - There is a possibility of an unsatisfactory result from the procedure. The procedure may result in unacceptable visible deformities, loss of function and/or loss of sensation.

Allergic reactions – In rare cases, local allergies to topical preparations have been reported. Systemic reactions, which are more serious, may result from drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

Drooping of the eyelids (Ptosis) – This is rare but transient complication occurring in 1-2% of patients..

Additional treatment required - In some situations, it may not be possible to achieve optimal results with a single procedure. Should complications occur, other treatments may be necessary. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with AZZALURE (BOTULINUM TOXIN TYPE A) injections. The practice of medicine and surgery is not an exact science. Although good results are expected, there cannot be any guarantee or warranty expressed or implied on the results that may be obtained.

Consent

Informed-consent documents are used to communicate information about the proposed treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s). The informed-consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances.

However, informed-consent documents should not be considered all inclusive in defining other methods of care and risks encountered. Your clinician may provide you with additional or different information, which is based on all the facts in your particular case and the state of medical knowledge.

Informed-consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

Important information about treatment with Dermal Fillers

INSTRUCTIONS

This is an informed consent document that has been prepared to help inform you concerning Dermal Filler injections, its risks and alternatives treatments.

It is important that you read this information carefully and completely.

INTRODUCTION

Treatment with Juvederm, and other dermal fillers can smooth out folds and wrinkles, add volume to the lips, and contour facial features that have lost their fullness due to aging, sun exposure, illness, etc. Facial rejuvenation can be carried out with minimal complications. Dermal fillers are injected into the skin with a very fine needle. The products produce a natural volume under the wrinkles, which is lifted up and smoothed out. The results can often be seen immediately and usually last 12-18 months.

It is important to note that we will sometimes work off license with some patients because product licenses are very limited, both in terms of dosing and site of use.

ALTERNATIVE TREATMENTS

This is strictly a voluntary cosmetic procedure and no treatment is necessary or required. Other alternative treatments, which vary in sensitivity, effect and duration, include animal-derived collagen filler products, dermal fillers derived from the patient's own fat tissues, synthetic plastic permanent implants, Botulinum toxins that can paralyze muscles that cause some wrinkles or surgery.

RISKS OF DERMAL FILLER INJECTIONS

Every procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with the clinician to make sure you understand the risks, potential complications, and consequences of dermal filler injections.

- Although a very thin needle is used, common injection-related reactions could occur. These could include: some initial swelling, pain, itching, discoloration, bruising or tenderness at the injection site. These reactions generally lessen or disappear within a few days but may last for a week or longer.

- As with all injections, this procedure carries the risk of infection. The syringe is sterile and standard infection control precautions associated with injectable materials will be taken.
- Some visible lumps may occur temporarily following the injection.
- Some patients may experience additional swelling or tenderness at the injection site and in rare occasions, pustules might form. These reactions might last for as long as approximately 2 weeks, and in appropriate cases may need to be treated with oral corticosteroids or other therapy.
- Dermal Fillers should not be used in patients who have experienced this hypersensitivity, those with severe allergies, should not be used in areas with active inflammation or infections (e.g. cysts, pimples, rashes, or hives).
- If you are considering laser treatment, chemical skin peeling or any other procedure based on a skin response after dermal filler treatment, or you have recently had such treatments and the skin has not healed completely, there is a possible risk of inflammatory reaction at the implant site.
- Most patients are pleased with the results of dermal fillers use. However, like any cosmetic procedure, there is no guarantee that you will be completely satisfied. There is no guarantee that wrinkles and folds will disappear completely, or that you will not require additional treatment to achieve the results you seek. While the effects of dermal fillers use can last longer than other comparable treatments, the procedure is still temporary. Additional treatments will be required periodically, generally within 4-6 months to one year, involving additional injections for the effect to continue.
- After treatment, you should minimize exposure of the treated areas to excessive sun or UV lamp exposure and extreme cold weather until initial swelling or redness has gone away.
- Other possible risks include but are not limited to:
 - 1) Post treatment discomfort, swelling, redness, bruising, and discoloration;
 - 2) Post treatment infection associated with any transcutaneous injection;
 - 3) Allergic reactions;
 - 4) Reactivation of Herpes (cold sores);
 - 5) Lumpiness, visible yellow or white patches
 - 6) Granuloma formation;

7) Localized Necrosis and/or sloughing, with a scab and/or without scab if blood vessel occlusion occurs. In extremely rare circumstances vascular occlusion can lead to blindness.

AZZALURE (Botulinum Toxin) PRE & POST-TREATMENT INSTRUCTIONS

Pre-Treatment Instructions

7 DAYS BEFORE treatment (to prevent bruising):

- AVOID blood thinning over-the-counter medications such as Aspirin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules. Please note: If you have a cardiovascular history, please check with your doctor prior to stopping use of Aspirin.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Do not use AZZALURE® if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

3 DAYS BEFORE treatment:

- AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other "anti-aging" products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.

Day of Treatment

- Arrive to the Practice with a "clean face". Please do not wear makeup or wear make up for at least 12 hours after treatment.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- Redness and swelling are normal. Some bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days. You may have bruises in the areas treated.

Immediately After Treatment

- It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, and squinting). This helps to work AZZALURE® into your muscles.
- Stay in a vertical position for four hours following injection. DO NOT "rest your head" or lie down; sit upright.
- You may apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- AVOID placing excessive pressure on the treated area(s) for the first few days; when cleansing your face or applying makeup, be very gentle.
- AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take Paracetamol if you experience any mild tenderness or discomfort.

- AVOID extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Wait a minimum of 24 hours (or as directed by your provider) before receiving any skin care or laser treatments.

DERMAL FILLERS: PRE & POST-TREATMENT INSTRUCTIONS

Pre-Treatment Instructions

7 DAYS BEFORE treatment (to prevent bruising):

- AVOID blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules. Please note: If you have a cardiovascular history, please check with your doctor prior to stopping use of Aspirin.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Do not use Dermal Fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

3 DAYS BEFORE treatment:

- AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any "anti-aging" products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.

DAY OF TREATMENT:

- Arrive to the clinic with a "clean face". Please do not wear makeup or wear make up for the rest of the day.
- To maximize your comfort during the procedure, a topical anesthetic may be applied.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

Immediately After Treatment.

- Redness and swelling are normal. Bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
- Depending upon the area(s) treated and product(s) used, you may feel "firmness" in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and "settle".

Post-Treatment Instructions

- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Avoid wearing makeup for the rest of the day.
- AVOID placing excessive pressure on the treated area(s) for the first few hours and

- up to 2 to 3 days; when cleansing your face or applying makeup, be very gentle.
- AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
 - You may take Paracetamol if you experience any mild tenderness or discomfort.
 - AVOID extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
 - Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
 - Untreated bruising will generally fade in 5 to 14 days.

Treatment Areas and Price List

DERMAL FILLERS: Lips, nose-mouth lines (naso-labial folds), marionette lines, cheeks, tear trough, jaw line, nose (non-surgical nose job), chin

WRINKLE RELAXING INJECTIONS: Forehead, frown, smile lines (crows feet), large jaw muscle (square jaw), bunny lines, downturned smile, smokers lines, gummy smiles

CONSULTATION

Complimentary (£20 deposit which is refundable)

DERMAL FILLERS

Juvederm Volift/Volbella/Voluma - £150/ml

WRINKLE RELAXING INJECTIONS

Azzalure - (up to 3 areas) - £95.00 for 1 vial

We currently accept all major Debit/Credit cards only

NOTE: As we are a training academy all of your treatment will be carried out by either a trainer or a student under the 1 to 1 supervision of one of our trainers. All of our trainers and students are fully qualified medical professionals (Doctors, Dentists, Nurses, Pharmacists).

Confidentiality

The Practice is committed to complying with the requirements of the legislation governing patient confidentiality including: Access to Health Records 1990, Caldicott Guidelines 1997, Confidentiality Code of Practice 1998, Data Protection Act 1998 and the GDC Standards for Dental Professionals 2005 on Principles of Patient Confidentiality.

For the purpose of this policy confidential information is defined as personal information provided by an individual in confidence including, but not limited to, such details as name, age, address, personal circumstances, race, health, sexuality, etc. Note that even the fact that a patient attends the Practice is confidential. All staff members are aware of their responsibilities for safeguarding patient confidentiality and keeping information secure.

Complaints process

If you have a complaint or concern about the service you have received from us or any of the staff working in this practice, please let us know either verbally or in writing (e-mail: contact@rasaacademy.co.uk). We operate a complaints procedure in our practice.

We take complaints very seriously and try to ensure that all our patients are pleased with their experience of our service. When patients complain, they are dealt with courteously and promptly so that the matter is resolved as quickly as possible. This procedure is based on these objectives.

Our aim is to react to complaints in the way in which we would want our complaint about a service to be handled. We learn from every mistake that we make and we respond to customers. If you would like a detailed version of the complaints procedure please request it from Dr. Jalpesh Patel.