

PATIENT INFORMATION



theskinclinics
Esher - Guildford - Cranleigh

Table of Contents

Contact Details	3
Accessibility	3
Directions for your visit	3
Important information about treatment with Botulinum Toxin (Botox®, Azzalure® and Bocouture®)	5
Botox®, Azzalure® and Bocouture® (Botulinum Toxin) - Before and After Treatment advice	7
Important information about treatment with Dermal Fillers	9
Dermal Fillers - Before and After Treatment advice	11
Important information about treatment with Profhilo®	13
Profhilo® Before and After Treatment advice	18
Important information about treatment with Chemical Peels	19
Chemical Peels Before and After Treatment advice	22
Important information about treatment with Obagi® Medical Skincare Products.....	24
Treatment Areas and Price List	27
Confidentiality	28
Complaints process	28

Contact Details



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

Accessibility

ESHER:

The clinic is in a refurbished Victorian building and does not, unfortunately, provide disabled access. Visitors must also be able to manage two flights of stairs

GUILDFORD

The clinic is on the 1st floor but has lift access if required

CRANLEIGH

The clinic is on the 1st floor and does not, unfortunately, provide disabled access. Visitors must also be able to manage one flight of stairs

Directions for your visit

GUILDFORD

The clinic is in the Fairlands medical centre on the 1st floor. There is plenty of free parking outside.

CRANLEIGH

The clinic is next to M&S on the 1st floor. There is parking in the M&S carpark (small fee for this). There are alternative parking options in the Village but there may need a little more walking. Most parking areas have a small fee.

ESHER

Welcome to Heath Village Esher

Finding us

Health Village Esher is easy to find - we're conveniently located less than a minute from Esher High Street at 13-17 Church Street, Esher, KT10 8QS.

Once you've parked and with Esher High Street behind you, walk along Church Street in the direction of the traffic. We're on the left at the end of the terrace of retail units, next to the church. Look up to see our white banner sign.

At street level, Esher Chiropody and Podiatry occupies number 13 and Health Village Esher is directly behind that ... just follow the paved area around the side to our reception at the rear where we'll be waiting to welcome you!



Parking

There is limited free parking and disabled parking on Esher High Street, KT10 9QS.

Pay and Display:

Berguette Car Park, Claremont Lane, Esher, KT10 9SD (5 minutes)

Heather Place Car Park (Off Park Road), Esher, KT10 8NN (5 minutes)

Esher Civic Centre Car Park, High Street, Esher, KT10 9RA (10 minutes)

What 3 Words

Our What 3 Words location is: rocky. golf. grades.

Telephone

Please call us on **0345 11 22 300** if you have any problems finding us and we'll be delighted to guide you in.

Health Village Esher
13-17 Church Street, Esher, Surrey KT10 8QS
0345 11 22 300 | www.eshergroves.com

Health Village
ESHER

Important information about treatment with Botulinum Toxin (Botox[®], Azzalure[®] and Bocouture[®])

This is a document that has been prepared to help inform you about Botox[®], Azzalure[®] and Bocouture[®], which are all types of Botulinum Toxin Type A injections.

It discusses risks and alternative treatments.

Please read this information carefully and completely.

What does Botox[®], Azzalure[®] and Bocouture[®] involve?

Botox[®], Azzalure[®] and Bocouture[®] 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.

What are the 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.

What are the potential risks involved with Botox[®], Azzalure[®] and Bocouture[®] 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 Botox[®], Azzalure[®] or Bocouture[®] 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 very 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 (e.g. heavy eye brows, heavy eyelids,

asymmetry); although this is very unlikely. There can be loss of function and/or loss of sensation although incredibly unlikely.

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.

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 Botox[®], Azzalure[®] or Bocouture[®], 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.

What is 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.

Botox[®], Azzalure[®] and Bocouture[®] (Botulinum Toxin) - Before and After Treatment advice

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 Botox[®], Azzalure[®] or Bocouture[®] 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 Botox[®], Azzalure[®] or Bocouture[®] 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.

Important information about treatment with Dermal Fillers

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.

What are Dermal fillers and what are they used for?

Dermal filler are usually made from hyaluronic acid; a substance we have naturally in our bodies. Treatment with 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 or a cannula. 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.

What are the 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.

What are the potential risks involved with Dermal Fillers?

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.

Dermal Fillers - Before and After Treatment advice

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.

Important information about treatment with Profhilo®

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

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

What is Profhilo®?

Profhilo® consists of one of the highest concentrations of hyaluronic acid (HA) available in any aesthetic product. Hyaluronic acid is a naturally occurring substance, which is a major component of our skin and has a function in wound repair, hydration, and cell to cell communication. One of the main characteristics of hyaluronic acid is that it effectively binds water like a sponge. Profhilo® has been around since 2015, so it is a relatively new treatment, but has a low risk of complications. It comprises of a combination of high and low molecular weight hyaluronic acid (64mg of hyaluronic acid in a 2ml pre-filled syringe, 32mg of high molecular weight HA and 32mg of low molecular weight HA). Unlike most HA products that are cross-linked using chemical agents, Profhilo® is thermally stabilised. The thermal stabilisation process changes the character and behaviour of the HA and allows it to have a longer lasting effect. As there are no chemical cross-linking agents, Profhilo® contains pure hyaluronic acid.

Profhilo® is considered a bioremodeling agent as opposed to a dermal filler or biorevitaliser.

Profhilo® is often administered by injection with a small needle. It comes packaged in a box that contains sterile needles, product labels and a pre-loaded syringe that will be opened from its sterile packaging in front of you at the beginning of the treatment. The product label will include the name of the product, the batch number, and the expiry date. This should be documented on your treatment record and be given to you at your request.

How does Profhilo® work?

Profhilo® is a revolutionary technology that delivers an anti-ageing treatment into the skin of your face, neck, and other areas of the body. The low molecular weight portion is responsible for hydration and stimulating the formation of new collagen and elastin within the skin whereas the high molecular weight component provides support and a scaffolding action. Due to thermal stabilisation, the pure hyaluronic acid remains in the skin for around 28 days, however the slow release of HA stimulates 4 different types of collagen and elastin for more lasting results. Despite its high HA content, it has a low inflammatory profile coupled with pro-healing properties backed by clinical studies.

Patients can expect increased firmness, elasticity, and an overall improved quality of the skin with the effects lasting about six months. This depends upon the degree of correction required, your age and lifestyle as well as the correct placement of the product by your practitioner.

Due to the revolutionary nature of Profhilo®, the whole face can be treated in around 15 minutes and bio-remodelling can be achieved in just two treatment sessions carried out four weeks apart. In order to maintain the results, additional treatments may be performed after 6-12 months.

What are the risks involved with Profhilo®?

Hyaluronic acid is a natural substance found in the skin and the substance itself is safe when it has been purchased from a reputable pharmacy or supplier. Counterfeit products carry a higher risk of adverse events, so it is important to seek a practitioner who can demonstrate the source of the product.

Profhilo® is composed of a highly pure grade of hyaluronic acid and with the absence of any additives, it is extremely biocompatible and has fewer documented adverse effects than traditional hyaluronic acid fillers.

Side-effects may be more likely due to the following factors:

- **Patient factors:** Condition of the skin, age, certain medical conditions, certain medications.
- **Practitioner factors:** Training, years of experience, number of procedures performed.
- **Premises factors:** Suitability of the premises.

Profhilo® has very few complications, however no treatment is without risk and these should be discussed during your consultation.

Possible adverse effects include:

- **Pain:** You may experience some minor tenderness or discomfort post-treatment. If you do have more pain than expected, it is important to contact your treating practitioner immediately as this may indicate a complication, such as a vascular occlusion.
- **Redness:** This is normal and usually resolves quickly. If the treatment area becomes red a few days after treatment, particularly if heat is also present, this may indicate an infection and you need to contact your practitioner straight away.
- **Swelling:** Some swelling or oedema is normal after treatment and may be worse the following morning after the procedure. However, persistent swelling should be reported to your practitioner as there may be treatment to help relieve this.
- **Bruising:** As the procedure involves injections in the skin, bruising is a common finding. This can be anything from a small mark on the skin to extensive bruising which extends beyond the area treated and can take up to two weeks to resolve. Rarely, bruising can lead to permanent staining of the skin.
- **Infection:** Your treatment should be conducted in an appropriate clinical environment, your practitioner should adhere to infection control protocols and you should receive appropriate aftercare advice to lessen this risk. Infection often develops as a warm, red, swollen area over the area that has been injected a few days after your treatment. If this occurs, make sure you contact your practitioner for a review as soon as possible.
- **Tyndall Effect:** Rarely, hyaluronic acid may remain visible beneath the skin as a bluish or grey hue. Remedial treatment may be required to deal with this, and you should book a review appointment with your treating practitioner.
- **Herpes (Cold sores):** Treatment around the lip area can exacerbate an outbreak of herpes, which may be worse than a normal outbreak and may require treatment from your practitioner. The ACE Group World recommends that preventative medication may be

required for certain treatments in people who are prone to cold sores. It is important that this is discussed as part of your medical history.

- **Lumps:** Following treatment, it is normal to have visible lumps at the injection sites. These dissipate over the next few hours but may be present for up to 48 hours and may be worse the morning after treatment. If you develop a lump several weeks or months after treatment, it is recommended to arrange a face to face review with your treating practitioner. Lumps may appear as soft swellings or as hard nodules. They sometimes occur following an acute illness, such as a dental or sinus infection, or with exposure to excessive sunlight.
- **Vascular Occlusion:** This is a rare, but serious, complication from dermal filler injections. In this situation, your blood supply may have been compromised by filler that has caused a blockage or obstruction of normal blood flow. If this is not correctly managed, the skin and tissue supplied by the blood vessel does not receive sufficient oxygen and can result in tissue loss, scarring and secondary infection. A vascular occlusion will normally cause severe pain, an irregular change in colour of the area treated and poor capillary refill (a test performed by your practitioner to see if the blood supply has been compromised). It will often appear immediately during treatment or soon afterwards and once this has been identified, your practitioner should have the necessary products at hand to effectively manage this.
- **Blindness:** This is an extremely rare and devastating complication that can occur with dermal filler treatments. There are certain areas of the face that pose a higher risk if they are injected, although it can occur from any facial dermal filler procedure. This should be discussed during your consultation with your practitioner, because if blindness occurs, it is likely to be permanent.
- **Stroke:** Another extremely rare, but documented complication of dermal fillers.

If you develop any unexpected side-effects after treatment, it is important to contact your practitioner for a review as soon as possible, as they may be able to offer some corrective treatment. Although your practitioner may contact you by telephone or video call initially or you may send your own photographs, this is no substitute for a face to face review to provide an accurate diagnosis.

What does the Procedure involve?

Prior to your treatment you should receive a full consultation, complete a medical questionnaire, and be offered a cooling off period to enable you to make an informed decision with full disclosure of the possible risks and side effects specific to you. You should also be given an indication of the cost of the treatment. Before you receive any treatment, you will be required to sign a consent form, this may be on paper or electronic, and be given the opportunity to ask any further questions. Photographs should be taken and kept as part of your medical record. These should not be used for any other purpose without your explicit permission.

Do not feel pressurised into having treatment at the same time as your consultation.

The practitioner will perform an examination of the area to determine the most appropriate treatment plan with you. The areas to be injected will usually be marked on the skin, using a pen or pencil, after it has been cleansed and disinfected. Your practitioner may measure the areas of your face to accurately identify the injection points. When treating the face, many practitioners will mark out 5 Bio Aesthetic Points on each side. It is important to have realistic expectations about what

Profhilo® can achieve and this should be discussed with your practitioner prior to your treatment.

If a topical anaesthetic cream is to be used, this will be applied and removed after 20-40 minutes to allow it to take effect. The area to be treated will be cleaned, makeup removed if worn, and then disinfected. If a needle is used, you will experience several pin pricks or a scratching sensation and possibly a mild burning sensation as the product is injected. If a cannula is used, the practitioner may first inject a local anaesthetic to numb the insertion site, this itself can cause a burning or stinging sensation. Cannulas can create an odd pulling or tugging sensation as they are moved into place beneath the skin.

Treatment with Profhilo® will take around 15 minutes and following the procedure, your practitioner will clean the skin. It is likely that you will also be shown in a mirror the bumps that will be visible for a day or two. Once you and your practitioner are satisfied with the results of the treatment and you have had sufficient recovery time, you should be given the opportunity to book a follow up appointment, as you may need a second treatment in 4 weeks' time. You should also receive aftercare information either electronically or in paper form. Following treatment, you may notice an improvement within a few days although some patients may not see the benefit for up to 4 weeks after their second treatment. The skin should look more hydrated and have a healthy glow, fine lines and wrinkles should improve and the area should have a more youthful appearance. Even very aged skin should feel tighter, smoother and show an improvement in texture.

Am I suitable for treatment?

You may not be suitable for treatment if any of the following apply:

- Dermal fillers cannot be given to pregnant or breast-feeding women and is not recommended if you are actively trying to get pregnant or undergoing IVF.
- If you suffer from keloid scarring or have active skin conditions, such as acne or psoriasis.
- If you have certain medical conditions, such as diabetes, rheumatoid arthritis, autoimmune conditions, blood clotting disorders, cancer, immunosuppression (either medical or drug-related).
- If you are suffering from any skin infection in or near the treatment area, including cold sores.
- If you are suffering from any other infection, including dental, throat, ear, chest, or sinus infections.
- If you are unwell, including coughs and colds, on the day of treatment.
- If you are taking any medicines which affect bleeding, such as aspirin or warfarin.
- If you have had Roaccutane® or isotretinoin in the past 6 months.
- Certain allergies, including bee sting allergy.
- Recent facial surgery or other dermal fillers in the same area.
- Permanent implants, such as silicone implants in the face or pins and plates.

It is important to be honest about your medical history, previous surgery, previous or planned dental treatment and any medication taken so that you can have a safe and effective treatment.

Profhilo® Before and After Treatment advice

Pre-treatment instructions

- Avoid taking anti-inflammatories (such as aspirin, ibuprofen or naproxen) for 3 days prior to treatment (unless this has been prescribed by your doctor) as this increases the risk of bruising.
- Alcohol, fish oils, St. John's Wort, Ginkgo Biloba and Vitamin E should also be avoided for 3 days prior to treatment to lessen the risk of bruising.
- If you are prone to bruising, taking arnica orally for a few days prior to treatment may lessen the risk.
- If you are unwell on the day of your appointment, contact the practitioner to reschedule.
- Avoid sunbeds and tanning for 1 week before and after treatment.
- Ensure your practitioner is informed if there are any changes in your medical history or medication taken before receiving any treatment.
- Do not plan to have treatment within 2 weeks of an important social event or holiday as this may not allow enough time for side-effects, such as bruising to settle, or to have a review appointment.

Post-treatment Instructions

After treatment, most people can resume their normal daily activities. Immediately after treatment, there may be some redness, tenderness and swelling at the injection sites and there will likely be visible lumps at the injection sites. Bruising may be obvious immediately after treatment and may be quite pronounced.

Although there is little evidence, many practitioners advise the following:

- Do not apply make-up for 12 hours after treatment to reduce the risk of infection.
- Avoid saunas, swimming pools and sunbeds until the initial swelling and redness has settled.
- Try to avoid touching or rubbing the treated area until the following day, as you may affect the results of treatment or cause infection, unless otherwise advised by your treating practitioner.
- Massage of the area is not required; the product will diffuse naturally on its own.
- Avoid extremes of hot or cold and vigorous exercise until the initial swelling has resolved.
- If swelling persists, you may be advised to apply a cool pad to help remedy this.
- Contact your practitioner if you experience any unwanted side-effects.

Important information about treatment with Chemical Peels

What is a Chemical Peel?

A chemical peel is a cosmetic procedure that involves the application of a chemical solution to the skin, typically on the face and/or neck. The solution causes the outer layer of the skin to peel off, revealing a smoother, rejuvenated complexion underneath. Chemical peels are used to improve the appearance of the skin by addressing various skin concerns, such as fine lines and wrinkles, uneven skin tone, acne scars, sun damage, and hyperpigmentation.

There are different types of chemical peels, categorized based on the depth of penetration into the skin:

1. **Superficial Peels (Light Peels):** These peels use mild acids, such as alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), to exfoliate the outer layer of the skin. They are used to improve skin texture, tone, and mild discoloration. Common acids include glycolic acid and salicylic acid.
2. **Medium Peels:** These peels penetrate deeper into the skin, typically using trichloroacetic acid (TCA). They are effective for addressing more pronounced skin issues, such as fine lines, moderate sun damage, and pigment irregularities.

How does it work?

1. **Exfoliation and Removal of Outer Layers:** The chemical solution applied during a peel works to break down and remove the outermost layer of the skin. This outer layer often contains dead skin cells, impurities, and imperfections.
2. **Stimulation of Cell Regeneration:** By removing the damaged outer layer, chemical peels stimulate the skin's natural regenerative process. This encourages the production of new, healthier skin cells to replace the ones that have been exfoliated.
3. **Collagen Stimulation:** Deeper peels, such as medium and deep peels, can penetrate into the dermis, the deeper layer of the skin. This can stimulate the production of collagen and elastin, proteins that contribute to skin elasticity and firmness. Increased collagen production can lead to a reduction in the appearance of fine lines and wrinkles.
4. **Treatment of Specific Skin Concerns:** Different chemical peels target specific skin issues. For example, peels with alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs) are effective for addressing surface-level concerns like uneven skin tone and mild acne. Medium and deep peels with trichloroacetic acid (TCA) or phenol are more suitable for deeper wrinkles, scars, and more severe skin damage.

The process of a chemical peel essentially prompts the skin to undergo a renewal and regeneration process. The new skin that replaces the peeled layer is often smoother, more even in tone, and has a healthier appearance. It's essential to carefully follow pre- and post-peel care instructions provided by the skincare professional to ensure optimal results and minimize the risk of complications. Additionally, using sun protection is crucial after a chemical peel, as the skin may be more sensitive to UV damage during the healing process.

What are the alternative treatments?

Other skin rejuvenation treatments include application of topical creams, laser treatment, microdermabrasion, microneedling.

What are the potential risks associated with a chemical peel?

Complications are very rare, sometimes they may occur, and that prompt treatment is necessary. In the event of any complications, it is important you contact us.

1. **Redness and Irritation:** Mild redness and irritation are common immediately after a chemical peel. This is usually temporary but can persist for a few days, especially with deeper peels.
2. **Peeling and Flaking:** The treated skin will likely peel and flake as part of the exfoliation process. This is a normal part of the healing and regeneration process.
3. **Sensitivity to Sun:** The skin may become more sensitive to sunlight after a chemical peel. It's crucial to use sun protection to avoid sun damage and hyperpigmentation during the healing process.
4. **Hyperpigmentation or Hypopigmentation:** In some cases, there may be changes in skin pigmentation. Hyperpigmentation (darkening of the skin) or hypopigmentation (lightening of the skin) can occur, especially in individuals with darker skin tones.
5. **Infection:** Although rare, there is a risk of infection if proper hygiene and aftercare instructions are not followed. It's essential to keep the treated area clean and avoid picking at the peeling skin.
6. **Scarring:** In rare cases, scarring can occur, especially with deeper peels. This risk is higher if the peel is not performed correctly or if the individual does not follow post-peel care instructions.
7. **Allergic Reactions:** Some individuals may be allergic to the chemicals used in the peel. It's important to inform the skincare professional of any known allergies before the procedure.
8. **Persistent Redness or Swelling:** In some cases, redness or swelling may persist beyond the expected recovery period. This could indicate a more severe reaction or complication.
9. **Herpes Reactivation:** Individuals with a history of herpes simplex virus (cold sores) may experience a reactivation of the virus after a chemical peel. Antiviral medications may be prescribed to prevent this.

Other important information

Prior to receiving treatment, you would have discussed your medical history in detail and in particular pregnancy (if so, consult your physician prior to treatment), recent facial surgery, allergies, tendency to cold sores/fever blisters, or use of topical and/or oral prescription medications such as: tretinoin, Retin-A®, Accutane®, Differin®, Tazorac®, Avage®, EpiDuo™ or Ziana®.

There may be some degree of discomfort such as stinging, pin-prickling sensation, heat, or tightness.

There are no guarantees as to the results of this treatment, due to many variables, such as: age, condition of skin, sun damage, smoking, climate, etc. You may or may not actually peel and that each case is individual.

The amount of peeling does not correlate with degree of improvement. This treatment is a cosmetic treatment and that no medical claims are expressed or implied.

To achieve maximum results, you may need several treatments.

Chemical Peels Before and After Treatment advice

Pre-treatment instruction

- Consult with your clinician if you are pregnant, breastfeeding or taking medication for your skin.
- Do not expose your skin to the sun or tanning beds for at least 2 weeks before treatment.
- Do not use tanning beds for at least 2 weeks before treatment.
- Do not undergo any other facial treatment for 2 weeks prior to a chemical peel treatment. This includes dermaplaning, microneedling, laser, facial fillers and facial waxing/threading.
- It is recommended that you temporarily discontinue the use of Retin-A, Renova, Differin, EpiDuo for a week before treatment. Products that contain high percentages of AHA and BHA (Glycolic Acid, Salicylic Acid) and all retinoids that are not part of PCA SKIN®'s daily care range should be avoided for approximately 5 days before treatment. Please consult with your clinician before discontinuing prescription medications.

before



after four days
(during the peeling process)



the reality of having a chemical peel

Post-treatment instruction

For up to 14 days following your treatment your skin may feel tight, sensitive, dry and you may experience mild flaking skin. This is normal. To avoid the risk of complications, please follow the below advice.

- Do not wash your face for at least 10 hours post treatment.
- Avoid direct sunlight and do not use a tanning bed for at least 2 weeks post treatment.
- Keep the skin cool - avoid heat, excessive exercise and swimming/ steam room/sauna for up to 14 days post treatment.
- Use the post procedure products supplied by your clinician only. Do not use facial oils, aqueous/ emollient creams and avoid high percentage AHA and BHA products for up to 14 days post treatment.
- Do not undergo any facial treatments for at least 2 weeks post treatment. This includes more chemical peels, dermaplaning, microneedling, laser, facial fillers and facial waxing/threading.
- Do not pick or pull peeling skin.
- Protect your skin with a broad spectrum SPF!

Important information about treatment with Obagi® Medical Skincare Products

This is an informed consent document that has been prepared to help inform you concerning Obagi® Medical skincare products, its risks and alternatives treatments.

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

Your clinician wishes to help you make an informed decision about your treatment options and any relevant alternative options. You may at any time decline treatment even after giving your consent.

Whilst your clinician will make every effort to understand what significance you would attach to any particular risk it is important to us that you feel comfortable enough to question the clinician on any point of concern during this process. Please feel you have as much time as you wish to reflect on the information given before agreeing to proceed with the treatment.

Purpose of Treatment

You have presented with concerns which have formed the basis of a clinical discussion and examination. The purpose of the proposed treatment is to address your concerns either individually or in combination with other modalities of treatment.

Outcomes

Your clinician will endeavour in good faith to employ the principles of best practice in delivering your treatment. Each patient is individual and response to treatment will vary from patient to patient and treatment to treatment. As such it is difficult to guarantee outcomes will always meet your expectations.

Background Information

Obagi Medical is a global speciality pharmaceutical company founded by leading skin care experts in 1988. Obagi products are designed to help minimize the appearance of premature skin aging, skin damage, hyperpigmentation, acne and sun damage, and are primarily available through dermatologists, plastic surgeon, medical spas, and other skincare professionals.

Commonly Experienced Adverse Events

- Redness Dryness/Flakiness/Peeling Skin sensitivity
- Breakouts of spots
- Tight feeling of the skin
- Less Common Risks
- Allergic reactions
- Hyperpigmentation/ hypopigmentation Infection

Important Considerations

Every care is taken to deliver the treatment in a manner which will minimise risk, however you should be aware of the risks, as one may exist upon which you place particular significance.

Patients are advised to take in to account all these potential risks before consenting to treatment. Please make your clinician fully aware of your expectations prior to giving consent.

Safety Profile

Although there is a proven record of safety with Obagi products, some people may be sensitive to certain ingredients which will require patch testing prior to use.

Contraindications and Relative Contraindications to Treatment

- Recent natural or artificial exposure to UV light resulting in a burn Eczema
- If you are pregnant or breast feeding
- Active skin infections
- Specific conditions as outlined by your consultant relevant to the products you will be using
- Allergies to any ingredients within products (a test patch may be required in certain circumstances prior to treatment)
- History of Herpes Simplex Virus infection (cold sores)

Limited or no clinical data exists regarding the efficacy and tolerance of these products in patients having a history of, or currently suffering from, auto-immune disease or auto-immune deficiency or being under immunosuppressive therapy.

The clinician shall therefore decide on the indication on a case by case basis according to the nature of the disease and its treatment and the need for monitoring. Your clinician will discuss the need for a preliminary skin testing for hypersensitivity if necessary, or in the case of patients with severe or multiple allergies.

Your clinician will also discuss the suitability of the product(s) having considered your medical history and any medications you currently take, as appropriate. As such, it is imperative you disclose such medications during your consultation.

For patients receiving Tretinoin therapy, please be aware of the following information

Therapy with tretinoin may make your skin more susceptible to sunburn and other adverse effects of the sun, so unprotected exposure to natural or artificial sunlight should be minimized. When outside, even on hazy days, areas treated with tretinoin should be protected. An effective sunscreen should be used any time you are outside (consult your physician for a recommendation of an SPF level which will provide you with the necessary level of protection). For extended sun exposure, protective clothing, like a hat, should be worn. Do not use artificial sunlamps while you are using tretinoin. If you do become sunburned, stop your therapy with tretinoin until your skin has recovered.

Extremes of climate tend to dry or burn normal skin. Skin treated with tretinoin may be more vulnerable to these extremes. Your physician can recommend ways to manage your acne treatment under such conditions.]

Rare Risks

The skin of certain sensitive individuals may become excessively red, swollen, blistered or crusted. If you are experiencing severe or persistent irritation, discontinue the use of tretinoin and consult your physician.

There have been reports that, in some patients, areas treated with tretinoin developed a temporary increase or decrease in the amount of skin pigment (colour) present. The pigment in these areas returned to normal either when the skin was allowed to adjust to tretinoin, or therapy was discontinued.

Additional Information

Do not use other medications with tretinoin which are not recommended by your doctor. The medications you have used in the past might cause unnecessary redness or peeling.

What to expect with your new treatment

Tretinoin works deep inside your skin and this takes time. You cannot make tretinoin work any faster by applying more than one dose each day, but an excess amount of tretinoin may irritate your skin. Be patient.

There may be some discomfort or peeling during the early days of treatment. Some patients also notice that their skin begins to take on a blush

These reactions do not happen to everyone. If they do, it is just your skin adjusting to tretinoin and this usually subsides within two to four weeks.

These reactions can usually be minimized by following instructions carefully. Should the effects become excessively troublesome, consult your doctor.

For patients receiving hydroquinone therapy, please be aware of the following information

Hydroquinone is used to reduce the pigmentation of the skin by inhibiting the production of melanin.

Treatment with hydroquinone is often well tolerated, but your sensitivity may be tested by applying a small amount to the skin and noting any redness or itching. If no reaction occurs, then your clinician will advise you to continue treatment. After application, it is important to wash your hands thoroughly to prevent any unwanted lightening of the skin.

Prolonged use of hydroquinone has the rare risk of causing ochronosis, a blue-black pigmentation with caviar-like papules on the skin.

Treatment Areas and Price List

Please refer to the website for the up to date treatment and price list

Confidentiality

At The Skin Clinics we are committed to complying with the requirements of the legislation governing 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: info@theskinclinics.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 Jalpesh Patel at info@theskinclinics.co.uk.

theskinclinics

CRANLEIGH

at



Warren House,
92 High St, Cranleigh,
GU6 8AJ

Tel: 01483 274664

theskinclinics

ESHER

at

Health Village
ESHER

13 Church Street,
Esher,
KT10 8QS

Tel: 0330 912 1294

theskinclinics

GUILDFORD

at



Fairlands Avenue,
Guildford,
GU3 3NA

Tel: 01483 233823

info@theskinclinics.co.uk
www.theskinclinics.co.uk
[#the_skin_clinics](https://www.instagram.com/the_skin_clinics)

