

h
j
s k i n c l i n i c



PROFHILO
PRE, POST & CONSENT

www.hattyjanebeautyandskinclinic.com

Profhilo® is an exclusive skin remodelling treatment designed for individuals with ageing skin that is lacking volume and elasticity. Profhilo® stimulates the production of collagen and elastin through the slow release of Hyaluronic Acid (HA) and in doing so significantly improves the appearance of fine lines and wrinkles as well as increasing hydration and firmness across the face resulting in an overall rejuvenated appearance. Profhilo is an injectable hyaluronic acid based product for treating skin laxity. With one of the highest concentrations of hyaluronic acid on the market, it is not only boosting and hydrating the skin, but also remodelling the ageing and sagging of tissue. After injection into the skin, Profhilo starts to work immediately.

Its unique structure allows it to flow freely through the subcutaneous tissue and dermis in the target areas, creating volume evenly over the following 24 to 48 hours. This gives Profhilo a significant advantage over other filler treatments, as the product doesn't form into lumps or nodules that need to be massaged to help create the desired result.

The product remains in the skin for about 28 days, in which time it continues to stimulate the production collagen and elastin by slowly releasing the HA. This creates both a 'dermal scaffold' that tightens and lifts the skin, while also boosting skin tissue quality through HA's hydrating and stimulating action. The improvements to the firmness, elasticity and overall quality of your skin should last up to 6 months.

PRE CARE

-It is crucial that you do not consume alcohol at least 24 hours before undergoing Profhilo injections, as alcohol can thin the blood and increase the possibility of bruising.

-You should also avoid medications like Blood Thinners, Aspirin or Anti Inflammatories for 1 week prior to your treatment.

-Avoid other facial treatments at least 1 week prior to your treatment.

-Avoid extensive sun exposure / the use of tanning beds at least 3 days prior to your treatment.

(We obviously advise that you stop using tanning beds altogether because they increase your risk of skin cancer and accelerate visible signs of aging).

-Likewise, avoid Hair Removal (to the area you are receiving Botox) at least 1 week prior to your treatment.

(Whether that be Waxing, Laser or Cream - Shaving is okay if done gently ensuring no nicks).

-In addition, please make sure you are not wearing makeup on the day of your treatment.

Helpful tips to prevent bruising at the injection point:

-As mentioned above avoid medications like Blood Thinners, Aspirin or Anti Inflammatories for 1 week prior to your treatment.

Take Arnica tablets for 1 week prior to your treatment

-Up your Iron, B12 & Vitamin C intake if you are prone to bruising.

WHAT TO EXPECT | AFTERCARE

What To Expect:

After your treatment you will leave the clinic with 5 small bumps on each side of your face or if we are treating your neck, 10 small bumps on your neck.

These bumps will settle down very quickly as the product is absorbed and are generally unnoticeable within a few hours.

Aftercare:

-If you wish to massage the injection points to encourage breakdown of the small bumps, please do so gently to avoid bruising. Ensure your hands are clean and sanitised before touching your face.

-Do not wash your face or apply any skincare products for 4-6 hours

-Do not apply makeup for 4-6 hours.

Once 24 hours has passed and you wish to wear makeup, please ensure your brushes are clean and sanitised

-Avoid exercise / sweating for 24 hours

-Avoid swimming, sauna's and spa environments for 48 hours

-Sleep on a clean pillowcase at night. Preferably Silk / Satin (Like this).

-Golden Rule: Make sure that you are also avoiding direct sun exposure. Especially tanning beds.

(Preferably forever! But if you must, please wait 7 days)

-Drink LOTS of water!

CONSENT

It is important to know bruising at the injection point can happen.

It is rare that you will bruise at each and every injection point but it is important to know it can happen. This doesn't mean anything has gone wrong or it has been administered incorrectly, it just means the end of the needle has nicked a blood vessel below the surface lower than the eye can see, which has caused the blood to come up to the surface and form a small bruise.

DO:

- Apply a cold compress to the bruise, but be sure to not press down hard
- Apply Arnica Gel
- Be Patient, the bruise will go

DON'T

- Massage the area, this will cause the bruise to spread

I am aware of the following risks/complications that may occur:

1. Mild to moderate discomfort or pain
2. Slight redness or swelling
3. Inflammation
4. Fainting
5. Bleeding
6. Bruising/Swelling
7. Risk of Infection

In the event of an adverse reaction medical help should be sought immediately.

I confirm I do not suffer with any of the Contra-indications associated with Profhilo Injections:

- Coldsore (herpes virus)
- Granulomas
- Spots/acne at the injection sites
- Active Infections (skin)
- Allergy/Hypersensitivity to Hyaluronic Acid
- Scar tissue
- Pregnancy
- Breastfeeding mothers
- Body Dysmorphia
- Unrealistic Expectations
- Blood thinning medication

I understand that the treatment may involve risks of complication or injury from both known and unknown causes, and I freely assume those risks. Prior to receiving treatment, I have been candid in revealing any condition that may have a bearing on this procedure.