



FACIAL SCULPTING

BY DR NINA



**The Facial Sculpting Clinic  
Patient Guide 2021**

## CONTENTS INDEX

1. Welcome	Page 3
2. Introduction	Page 4 & 5
3. Location. and Where to Find Us	Page 6
4. Covid-19 Information	Page 7
5. Patient Information Botulinum Toxin	Page 8 & 9
6. Patient Information Hyperhidrosis	Page 10 & 11
7. Patient Information HA Dermal Filler (includes Profhilo)	Page 12 & 13
8. Patient Information Hyalase	Page 14 & 15
9. Patient Aftercare PDO Threads	Page 16
10. Patient Aftercare Endolift	Page 17
11. Patient Information Micro-Needling	Page 18
12. Patient Information Aqualyx fat Dissolving Injections	Page 19
13. Useful information	Page 20 & 21

# Welcome

A very warm welcome from myself, Dr Nina. Thank you for choosing the Facial Sculpting Clinic, I am very excited to be a part of your journey.

This guide has been prepared to answer any questions you may have prior and after your visit to our clinic and to put you at ease with any questions you may have.

I look forward to seeing you at my clinic very soon!



*Dr. Nina Bal*

## **INTRODUCTION**

Cosmetic treatments are the sole choice of the patient and are therefore elective procedures. It is important that a patient considering any treatment at the Facial Sculpting Clinic has realistic expectations towards the outcome of their treatment. The patient must be clear that the choice to go ahead with a particular treatment, on rare occasions, will not always result in the original desired outcome.

We encourage patients to have an honest and open consultation with their doctor when deciding which treatments at Facial Sculpting Clinic will address their aesthetic concerns and boost their confidence.

In partnership with you, our doctors will then be able to establish whether your expectations are achievable. If the patient follows the advice given to them at their consultation and makes the decision to move forward with realistic expectations, they will usually not be disappointed.

## **STATEMENT OF PURPOSE**

Facial Sculpting Clinic will provide an integrated, private, non-surgical, facial aesthetics service encompassing highly skilled private practitioners, within a clean and safe local clinic environment in London.

The clinic will deliver a branded format whose foundation and recognition are based on a combination of professional reputation and high-quality services presented in a patient friendly environment.

Our patient's satisfaction and care are the centre of everything we do, our clinic ambience and client service will be 5 star, utilising cutting edge technology and highly experienced professionals, to support and consider every patient's individual needs, paying attention to their physical and emotional wellbeing throughout their patient journey.

The Clinic's focus is to be transparent with our patients in regard to their treatment and fees, and have resources in place so that they can always access information about the treatment they receive. In turn, provide high quality treatment and care to all patients, regardless of age, race, culture or religion.

The Medical Director Dr Nina Bal (Germana Bal - GDC 208766) will be overseeing all aesthetic activities and will be supported by the clinic's highly trained administrative staff and medical professionals.

## **OUR PROFESSIONALS**

Facial Sculpting Limited prides itself on the quality of care offered through our medical professionals. Facial Sculpting Ltd ensures that all medical professionals have the appropriate insurance, and the practitioner you will have treatment with is solely responsible for deciding whether the patient is suitable for the relevant treatment.

### **If you would like to check a doctor's registration**

General Dental Council – The GDC – 0207 167 6000 or visit <http://www.gdc-uk.org>

Dr Nina Bal: GDC 208766, registered as Germana Bal, known as "Nina".

## **CONSULTATION WITH YOUR PRACTITIONER (Dr Nina)**

Before you meet with Dr Nina, a full medical history including photo consent will be taken so that the doctor will be able to give you a complete and honest consultation and assessment for suitability.

In the consultation with your doctor, a discussion about the appropriate treatment, benefits, risks, complications, and realistic expectations will take place.

We encourage you to talk freely with your doctor and feel confident with asking questions. A chaperone is also available on request should this make you feel more comfortable.

Please be aware that you may require more than one consultation. This is to ensure that the correct fit between the doctor and the patient is made. If either you or the doctor wish for a further consultation to take place, this will be arranged by one of our administrative staff.

**The minimum age for any consultation and treatment at our clinic is 21.**

## **INFORMED PATIENT CONSENT**

After consultation and before treatment you will be asked to sign a consent form. You will be asked to sign a consent form for each treatment you decide to have and each time you return for further or other treatments.

The consent form is to say that you agree to having treatment with your doctor and that you understand the associated risks and complications which have been explained to you.

## Where to find us

Tempus Belgravia, 11A West Halkin Street, Belgravia, London, SW1X 8JL

### **Car parking:**

West Halkin Street, Pay by phone Westminster City council

### **Transport links:**

Knightsbridge and Hyde Park Corner tube station (Piccadilly line)

Sloane Square tube station (District and Circle line)

Bus routes: 137, 19, 22, 452 Pont Street stop on Sloane Avenue

### **Where are we?**

We are next to Waitrose and opposite Daniel Galvin Junior

Photograph of the clinic below and press Buzzer TEMPUS



## Covid-19 information

**If you have had your COVID-18 vaccine within the past 3 weeks or due to have your vaccine, please bring this to our urgent attention.**

As part of our enhanced measures in place to minimise risks due to the Covid-19 pandemic if you have any concerns or questions with the consent and if the answer is yes to any of the following, we will unfortunately not be able to treat you at this time and we ask for you to contact the clinic immediately for us to reschedule your appointment.

### **Patient Wellness Screening Checklist – Pre Appointment**

- Have you travelled outside the UK in the past 14 days? If so, where?
- Have you received your vaccine?
- Have you had your vaccine within the past three weeks?
- Have any of your family members or anyone you have been in contact with travelled in the past 14 days?
- Have you experienced any of the below symptoms within the last 14 days? Such as fever, cough, flu-like symptoms which can include fatigue, nausea, diarrhoea, chills, muscle pain, headache, sore throat, loss of taste and smell, skin rash?
- Are you currently waiting for test results for Covid-19?
- Are any of your family members/immediate/house sharers been diagnosed or experiencing symptoms as noted above?

To ensure the safety of our staff and patients we have undertaken a thorough review and risk assessment to enhance our practice for when you attend the clinic for your appointment.

**As part of these enhanced measures, we will need to ask that you to also follow some guidelines when attending your appointment, these are:**

- Attend your appointment on time, please arrive at the exact time of your appointment
- It is advisable to take your temperature on the day of your appointment to ensure it is under 37.8 degrees
- Wear a face covering to the appointment
- Please sanitise your hands prior to your appointment

## 1. Patient Information Botulinum Toxin (commonly known as 'Botox')

### How to prepare- Before Treatment

It is important you tell your doctor about any medicines or dietary supplements you are taking; some medicines can adversely affect the way the toxin works or increase your risk of bruising. All make up will need to be removed prior to treatment, so please come 'fresh faced' if possible. Alcohol, aspirin, Ibuprofen, and a range of dietary supplements including St. John's Wort, fish oils, Gingko Biloba, Vitamins C and E- may all contribute to bruising and are best avoided 48 hours before treatment.

Please avoid chemical peels, micro needling, facials, microblading and topical use of retinol and steroids for one week prior to the appointment.

Treatment cannot be administered if there is an active skin infection, including acne or cold sores or if you are unwell- including colds, coughs, sore throats etc. Do contact the clinic to discuss any illness or new medicines prior to attending, such as antibiotics as they could reduce the effectiveness of the treatment.

### What is Botulinum Toxin?

Botulinum toxin is a naturally occurring protein produced by the bacterium Clostridium Botulinum. In a purified form, as is the case with many drugs/medications such as Penicillin, Botulinum toxin is a very safe, effective treatment not only used in cosmetic clinics, but also for several medical conditions, including migraine and excessive sweating.

All botulinum toxins are prescription only medicines (POM) and can only be prescribed by doctors, dentists, and nurses with the prescribing qualification, following a consultation with the qualified prescriber.

Botox is a licensed brand of Botulinum toxin A.

### How does it Work?

The toxin blocks the transition of chemical messages from the nerve to the muscle so that the muscle stays in a resting state for a period of 8 to 12 weeks on average. This may be only a partial reduction in movement allowing some remaining movement or a full block in which case there is very little remaining muscular movement in the area – this very much depends on the amount administered and location of product placement –treatment may be tailored to suit your individual requirements. Your expected treatment outcomes and whether they can be achieved will be discussed at the time of consultation.

### Used to Treat

The aim of the licensed treatment is to significantly reduce the movement of the muscles causing expression lines (dynamic lines) specifically the frown and crow's feet and worry lines on the brow may also be treated as an 'off label indication. Successful treatment may not cause the expression lines themselves to disappear completely. It may not 'completely freeze' the expression, particularly if extreme effort is exerted to make an expression.

Botulinum toxin is not suitable for lines present without expression (static lines); your doctor will advise you.

Advanced and off-label indications include horizontal brow lines, lip lines, chin 'poppling', muscles on the lower face and neck, to lift the mouth corners, improve the jaw line and the appearance of the neck. The 'chewing muscle' may also be treated to soften a square jaw or to prevent teeth grinding or jaw clenching at night.

**How Long will it Last?**

Results tend to last up to 3 months. Movement will begin recovering from 6 weeks. Frequent treatment at intervals of less than 3 months is not recommended. Repeating treatment when movement recovers will deliver optimum results over time. Frequency of treatments may be reduced according to the quality of your skin and your response to treatment. Should you choose not to maintain the results and not have further treatment, your muscles and skin will return to their pre-treatment state.

**Does it Hurt?**

A very fine needle is used and generally this treatment is not described by most as painful and can be well tolerated with no anaesthetic. Please request an anaesthetic cream or ice if you are nervous about needles.

**After Treatment**

You will be advised to avoid extremes of heat or cold, lying down or leaning over for 4-6 hours. No make-up or creams can be applied on the areas injected for 48 hours to avoid diffusing the toxin and preventing complications. Alcohol must be strictly avoided for 48 hours after injections.

After treatment it is expected that you will start to see an improvement within 5 days. For some people this takes longer. The full result may be judged at 2-3 weeks. You will be invited to attend a review appointment at 2-3 weeks where the success of the treatment may be assessed and adjustments to your personal treatment plan made, if necessary. After 3 weeks has passed, no further top up appointments will be available to you. Any further injections between the 3- and 12-week period can leave the patient at risk of developing long term antibodies and resistance to the toxin, it also could lead to the toxin wearing off at different times and not maintaining its full effect over the 3 month period.

Should you experience any unexpected side effects or any that concern you, please contact the clinic.

## 2. Patient Information Hyperhidrosis

### What is Hyperhidrosis?

In some people, the body's mechanism for cooling itself down is so overactive that they may sweat four or five times more than is necessary, or normal. When sweating is this extreme it can be embarrassing, uncomfortable, anxiety inducing and life inhibiting. It can disrupt all aspects of a person's life, from career choices and recreational activities to relationships, emotional wellbeing, and self-image. This kind of excessive sweating is a medical condition called hyperhidrosis. 'Hyperhidrosis affects approximately 3% of the population, but due to lack of awareness, more than half of sufferers are never diagnosed or treated for their symptoms.'

### What Causes Hyperhidrosis?

Excessive sweating can be a symptom of certain medical conditions or a side effect of some medications.

The cause of primary hyperhidrosis is not known.

Botox has been licensed to treat underarm sweating since 2004. Research has shown that treating excessive sweating of the armpits, hands, feet, and face with Botox (Botulinum Toxin A) is safe and effective. In one clinical study involving 322 patients with severe underarm sweating, 81% of the patients receiving botulinum toxin injections achieved a greater than 50% reduction in sweating. And 50% of the patients had their excessive sweating relieved for at least 201 days (nearly 7 months).

### How Does Botox Work?

Botox is a natural, purified protein with the ability to temporarily block the secretion of the chemical that is responsible for "turning on" the body's sweat glands. By blocking, or interrupting, this chemical messenger, botulinum toxin "turns off" sweating at the area where it has been injected. While sweating is an essential body function for temperature-control, the underarms house less than 2% of the body's sweat glands. The treatment of these sweat glands has no effect on body temperature regulation and compensatory sweating (sweating on other body parts), has not shown itself to be a concern.

Botox is injected into the skin to treat the symptoms of severe underarm sweating (severe primary axillary hyperhidrosis) when medicines used on the skin (topical) do not work well enough.

### What Does the Treatment Involve?

The area is marked with a surgical pen, then cleaned prior to injection.

Injections are spaced appropriately apart for your treatment area.

The needles are tiny, the injections are not deep, and most patients report tolerable discomfort rather than pain.

### Be Prepared

- Please shave underarms and avoid using over the counter antiperspirants or deodorants 24 hours before.
- It is advisable to avoid aspirin and non-steroidal medication, vitamin E, ginkgo biloba and St. John's Wort for at least 24 hours prior to treatment as these may increase the risk of bleeding and bruising.
- If you have been prescribed aspirin for a medical reason, it is best to continue this. If you have a bleeding disorder, or are taking Warfarin, discuss this with the nurse prior to receiving botulinum treatment.
- Wear a dark, loose top, preferably an old one to the appointment. You may bleed a little and iodine may stain clothing.

**After Treatment**

The treatment area may feel sore and or tender for the first 24 hours. Some patients describe an achiness, tiredness or heaviness of the arms which usually resolves within a few days from occurring. Results are gradual and may be judged at 2-3 weeks. You are invited for a review appointment to record the effectiveness of treatment and modify your treatment plan if necessary. Sometimes an additional treatment is required to achieve optimal results. Keep the area clean. You may apply antiperspirants as soon as the skin has recovered from the injections- usually within 4- 12 hours. Avoid vigorous exercise, extreme heat and alcohol for 48 hours after treatment.

Should you experience any unpleasant side effects that you are not expecting, or suffer symptoms that concern you, please do not hesitate to contact the clinic and an appointment will be made for you to be seen.

The treatment may not completely stop any sweating, but we expect the sweating to be significantly reduced. Treatment results are expected to last approximately 6 months. For some individuals this may be shorter, or even longer.

Once the Botox wears off, your condition will return to its previous state, there is no permanent effect on your condition, either for the better, or for the worse.

### **3. Patient Information HA Dermal Filler (includes Profhilo)**

#### **How to prepare- Before Treatment**

It is important you tell your doctor about any medicines or dietary supplements you are taking; some medicines can adversely affect the way the toxin works or increase your risk of bruising. All make up will need to be removed prior to treatment, so please come 'fresh faced' if possible. Alcohol, aspirin, Ibuprofen, and a range of dietary supplements including St. John's Wort, fish oils, Gingko Biloba, Vitamins C and E- may all contribute to bruising and are best avoided 48 hours before treatment.

Please avoid chemical peels, micro needling, facials, microblading and topical use of retinol and steroids for one week prior to the appointment.

Treatment cannot be administered if there is an active skin infection, including acne or cold sores or if you are unwell- including colds, coughs, sore throats etc. Do contact the clinic to discuss any illness or new medicines prior to attending, such as antibiotics as if there is an active infection you will not be able to have the treatment.

COVID 19 ADVICE:

**Dermal fillers cannot be completed within 3 weeks of a vaccine as it causes many described outcomes and risks patient safety.**

#### **What is Hyaluronic Acid?**

Hyaluronic acid is a naturally occurring sugar chain molecule found in all skin and soft tissues throughout the body, identical across species.

Dermal fillers are manufactured, usually through fermentation and cross linking with proteins to produce a clear, sterile gel for injection into the skin.

In the UK, there are over 160 brands on the market due in some part to weak regulation. Not all hyaluronic acids are the same, each brand has a range of 'tissue tailored' products designed for specific results. One size does not fit all. At this clinic we use only tried and tested brands. If you have a particular brand you prefer, please discuss with us.

#### **How Does it Work?**

Hyaluronic Acid dermal fillers are a clear sterile gel in a syringe for injection into the skin providing instant correction. Hyaluronic acid attracts and binds water in the skin, providing volume and hydration, but also 'cushioning' and supporting collagen and elastin fibres and providing a medium, or carrier, for chemical messages between the cells.

#### **Used to Treat**

To correct or enhance facial contours, cheeks, temples, jawline, nose, chin, temples.

To define, correct or enhance lips, to soften and correct facial wrinkles or folds and to restore lost volume in hands to reduce the appearance of veins and tendons to improve the tone, texture, and hydration of the skin.

**Is it Safe?**

Dermal fillers are safe, but not risk free, the doctor will discuss all the risks and benefits with you at consultation and again prior to treatment.

**Does it Hurt?**

All dermal filler used at Facial Sculpting Clinic contain a local anaesthetic, and should you need it the clinic will apply topical anaesthetic cream, or ice, prior to treatment to numb the skin. The treatment will is not painful but some patients describe discomfort.

**How Long will it Last?**

Longevity does vary between products, and between individuals, but most will last between 6 months and 12 months, this all depends on the patient and the area treated. If you choose not to maintain the results with further treatment, your skin will return to its pre-treatment state over time.

**Aftercare Advice**

Most people can continue with normal activities with immediate improvement in their appearance. Some will have some redness, pin prick marks, possibly swelling- particularly in the lips. Possibly bruising. Any swelling and bruising may be more apparent the next day.

Make-up should not be worn for 48 hours, and you are advised to avoid vigorous exercise for 72 hours, sunbathing, and extremes of heat or cold for 14 days post treatment. Alcohol should be avoided for 48 hours. These activities have been found to increase and prolong swelling.

Swelling may worsen in the first 24 hours, and then should settle within the first few days. Cold packs can be helpful in reducing swelling. Because of the swelling, the product may feel harder or lumpy and you may notice some asymmetry. The final result may be judged only at 2-3 weeks. Upon review of your treatment should you require further dermal filler this will incur an additional cost.

Bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 48 hours after treatment. Tenderness should settle as swelling goes down.

Athletes should be aware some ingredients in the product may show a positive in 'anti-dope tests'.

Please contact your doctor if redness, tenderness, itching or swelling worsens after 3 days, rather than settling. Please do not hesitate to contact us if you have any concerns.

## 4. Patient Information Hyalase

### What is Hyalase?

Hyalase (hyaluronidase 1500 units) is a prescription only formulation, licensed and commonly used to boost absorption or dispersal of drugs injected into the skin and has an off license use in aesthetic medicine.

### How does it Work?

Hyaluronic Acid (HA) fillers are sterile gels consisting of non-animal stabilised hyaluronic acid for injection into the skin to correct facial lines, wrinkles and folds, for lip enhancement and for shaping facial contours. Hyaluronidase is an enzyme which breaks down hyaluronic acid. Hyaluronic acid is the component of dermal fillers but is also naturally occurring in the skin and soft tissues.

### Used to Treat

Occasionally dermal fillers need to be dissolved when the treatment outcome is unacceptable, when an adverse reaction to the filler has occurred, or there is a possibility of vascular occlusion and/or impending necrosis (tissue death) which could lead to the compromise of healthy tissue.

### Am I Suitable for Treatment?

Not everyone is suitable for this treatment. Your doctor will take a detailed medical history to ensure you have no conditions that might increase risk of unwanted side effects, consultation is also important to discuss your expectations and whether this treatment is able to meet them. A history of certain allergies may present an unacceptably high risk of serious allergic reaction to Hyalase.

A patch test is performed before the treatment to confirm if you are suitable for the treatment.

If you are unhappy with dermal filler treatment you have received elsewhere, it may not be appropriate for another doctor to use Hyalase. It is important the risks do not outweigh the benefits and a good outcome is achievable.

### Does it Hurt?

The treatment is administered by injection, but topical anaesthetic can be used to numb the skin. Your doctor will discuss options for your comfort at consultation.

If you are receiving Hyalase treatment to correct unsatisfactory results, you will be given a test dose (a small injection on your forearm) and observed for a minimum of 30 minutes, to identify any sensitivity which may indicate allergy to Hyalase. If symptoms of sensitivity are observed, then treatment cannot proceed.

### How Long will it Last?

Any over correction resulting from the loss of your own hyaluronic acid will usually be temporary and is expected to recover within a few days. The breakdown of the dermal filler will be permanent.

### Aftercare Advice

Most people can continue with normal activities with immediate improvement in their appearance. Some will have some redness, pin prick marks, possibly swelling- particularly in the lips. Possible bruising. Any swelling and bruising may be more apparent the next day.

- Make-up should not be worn for 48 hours
- You are advised to avoid vigorous exercise for 72 hours, sunbathing, and extremes of heat or cold for 14 days post treatment. Alcohol should be avoided for 48 hours. These activities have been found to increase and prolong swelling.

Swelling may worsen in the first 24 hours, and then should settle within the first few days. Cold packs can be helpful in reducing swelling. As a consequence of swelling, and the action of the Hyalase you may notice some asymmetry. The final result may be judged at 2 weeks.

Bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 48 hours after treatment. Tenderness should settle as swelling goes down.

Please contact your doctor if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.

The risks include allergic reaction and life-threatening anaphylactic shock: a patch test is always required prior to the injection, and it will be discussed thoroughly during the consultation.

Hyalase is an enzyme which breaks down hyaluronic acid fillers, but it can also break down naturally occurring hyaluronic acid present in the body. The results can be unpredictable and the effect dramatic with possible loss of volume and some skin laxity. Although some of the effects can be immediate, it can take up to 2 weeks for the final results to be seen and the procedure may need to be repeated.

## 5. Patient information PDO Threads

Prior to treatment/on the day:

- Do not consume alcohol for 48 hours prior to the treatment.
- Do not consume aspirin or ibuprofen for 5 days prior to the treatment
- Attend your appointment with a 'bare' face- ie. no makeup or skincare. Your skin will be thoroughly cleansed prior.
- Remove all large earrings and necklaces prior and secure your hair back in a comfortable position.
- Ensure you have had a good amount of hydration prior.

Following the treatment:

- Do not touch the incision points for 48 hours following treatment, this includes washing the face, using makeup and skincare. This is to reduce the risk of infection.
- No facials, massages of the face for 2 weeks
- Do not consume alcohol for 48 hours following the procedure.
- Expect some swelling for the first two weeks.
- No intense exercise for 14 days following treatment, light walks are acceptable. This is to reduce the swelling time.
- You may have some temporary change in sensation in the areas treated- this is related to the local anaesthesia used.
- Do not open mouth too wide for 3-4 weeks (avoid dental treatment for 2 weeks if possible)
- Apply sun protection SPF50+ along with Oxygenetix or mineral foundation and avoid direct sunlight & tanning machines in order to prevent Post Inflammatory Hyperpigmentation (PIH).
- Take paracetamol 500 mg 1-2 tablets 6-hourly if you feel any discomfort, any discomfort following treatment should only last around 48 hours, palpating pain is normal following this type of invasive procedure. Such sensation will subside over a 2-week period, but it may persist very mildly for up to 6 weeks. A feeling of numbness can be normal for 6 weeks after the procedure.
- Avoid anti-inflammatory medication (Ibuprofen, Neurofen, aspirin, etc. – unless prescribed for medical indications) as well as blood 'thinning' vitamins C & E, for 7 days.
- Avoid extreme temperatures, such as sauna or a very cold climate for 2 weeks.
- Avoid having Radio Frequency (RF) or any heat producing device (laser, IPL, etc.) treatments for 3 months post procedure.

Possible complications may include Infection. A very rare complication is nerve injury or nerve compression. If any of above occur, then your doctor must be informed immediately and if your doctor cannot be reached then go immediately to A&E.

**Follow up examination and assessment: 3-4 weeks follow up**

Providing a maintenance top up after 9-12 months can increase the longevity of the treatments.

## 6. Patient information Endolift

Prior to treatment/on the day:

- Do not consume alcohol for 48 hours prior to the treatment.
- Do not consume aspirin or ibuprofen for 5 days prior to the treatment
- Attend your appointment with a 'bare' face- ie. no makeup or skincare. Your skin will be thoroughly cleansed prior.
- Remove all large earrings and necklaces prior and secure your hair back in a comfortable position.
- Ensure you have had a good amount of hydration prior.

Following the treatment:

- Do not touch the incision points for 48 hours following treatment, this includes washing the face, using makeup and skincare. This is to reduce the risk of infection.
- No facials, massages of the face for 2 weeks
- Do not consume alcohol for 48 hours following the procedure.
- Expect some swelling for the first two weeks.
- Best results are seen 6-9 months post treatment, but you will see some initial skin tightening/fat reduction on the day of treatment.
- We advise no intense exercise for 7 days following treatment, light walks are acceptable. This is to reduce the swelling time.
- You may have some temporary change in sensation in the areas treated- this is related to the local anaesthesia used.
- Do not open mouth too wide for 3-4 weeks (avoid dental treatment for 2 weeks if possible)
- Apply sun protection SPF50+ along with Oxygenetix or mineral foundation and avoid direct sunlight & tanning machines in order to prevent Post Inflammatory Hyperpigmentation (PIH).
- Take paracetamol 500 mg 1-2 tablets 6-hourly if you feel any discomfort, any discomfort following treatment should only last around 48 hours, palpating pain is normal following this type of invasive procedure. Such sensation will subside over a 2-week period, but it may persist very mildly for up to 6 weeks. A feeling of numbness can be normal for 6 weeks after the procedure.
- Avoid anti-inflammatory medication (Ibuprofen, Neurofen, aspirin, etc. – unless prescribed for medical indications) as well as blood 'thinning' vitamins C & E, for 7 days.
- Avoid extreme temperatures, such as sauna or a very cold climate for 2 weeks.
- Avoid having Radio Frequency (RF) or any heat producing device (laser, IPL, etc.) treatments for 3 months post procedure.

Possible complications may include Infection. A very rare complication is a temporary or permanent nerve injury or nerve compression. If any of above occur, then your doctor must be informed immediately and if your doctor cannot be reached then go immediately to A&E.

### **Follow up examination and assessment: 4 weeks follow up**

Providing a maintenance follow up after 2 years can increase the longevity of the treatment.

## 7. Patient Information Micro-Needling (Includes Aquagold, Mesotherapy)

### How Does it Work?

When the skin is injured, the injury or wound triggers a natural healing response, cells are stimulated to create new, stronger collagen, elastin, and hyaluronic acid to repair the injury. Because this technique retains a healthy epidermis (the surface layer of the skin) the resulting repair leads to a healthier skin, both in appearance and function.

### Areas to Treat

Open pores, fine lines and wrinkles, skin laxity, superficial pigmentation, scarring, stretch marks, dull, tired skin.

### Does it Hurt?

This is not a painful treatment; indeed, patients describe it as quite pleasant and relaxing. To ensure your comfort, we do apply a topical anaesthetic cream to numb the skin prior to treatment.

### Is it Safe?

Since this treatment relies upon natural processes and causes only micro fine, controlled injury to the skin, it is considered very safe, when the appropriate devices are used in trained hands.

### Am I Suitable for Treatment?

The doctor will take a detailed medical history to ensure you have no conditions that might increase risk of unwanted side effects, consultation is also important to discuss your expectations and whether this treatment is able to meet them.

### How Long will Results Last?

The optimum result is achieved over a course of treatments and over a period of months. Depending on the treatment indications a course of between 3 and 5 treatments 4-6 weeks apart will be recommended. Most patients report a noticeable improvement after the first two weeks and report skin feels smoother, softer and looks fresher, but the real changes occur from about 12 weeks. Skin quality continues to improve for up to nine months.

### Aftercare Advice

Immediately after treatment your skin will be pink. Degrees vary from one individual to another, from pale pink blush to beetroot red. Any redness is expected to resolve steadily over hours, sometimes it may take 3 or 4 days to return to normal colour. make-up, can be worn the next day. If redness worsens, or itching occurs in the first few hours after treatment, cold compresses, or an antihistamine tablet will help to resolve any discomfort.

Use only the recommended products until skin colour returns to normal, then usual skin care may be resumed. The use of a serum is recommended to support healthy skin repair and boost results SPF 30 or above should be worn daily during the course of the treatment.

You are advised to avoid alcohol, vigorous exercise, and extremes of heat or cold for 48 hours post treatment. These activities have been found to increase and prolong redness and swelling. Do not use hair dyes for a week following treatment.

## 8. Patient Information Aqualyx fat Dissolving Injections

### Helpful Pre-care Advice

Many clients are concerned with having visible signs following Aqualyx treatment. There are a few key steps you can take to help you both minimise visible bruising and swelling and recover as quickly as possible.

The more closely you follow these steps, the faster you will recover, and the fewer signs will be visible:

1. Avoid any blood thinners (e.g., alcohol, aspirin, Vitamin E, some herbal preparations, and supplements) for 2 days prior to and 2 days after treatment. Thin blood results in increased risk of bruising, so help minimise bruising risk by avoiding anything that can thin your blood.
2. Take arnica tablets as follows: 2 tablets every 2 hours for 5 days prior to the treatment. The 30c potency are best.
3. You may wish to purchase the products mentioned in the next section PRIOR to your treatment so you don't need to visit the chemist after treatment.

### Protocol for resolving bruising and swelling

4. Hot compress: very hot water, soak clean cloth, wring out very tight, lay over the face so that the heat and steam goes to the face. Repeat several times, ideally every 2 hours if possible.
5. Arnica cream: available in Boots, apply generously before going to bed, will help resolve bruising.
6. Wearing a compression garment can help with the swelling (and results).
7. Lymphatic drainage massage- we advised to start these 5 days following treatment, at least 1 per week.

### Aqualyx Aftercare Advice

Immediately after treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of the injections. The inconvenience is temporary and generally disappears in a few days. If it continues or if other reactions occur, please call us. The results directly after the treatment should not be seen as the final result.

Swelling and numbness can take 6-8 weeks to fully recover. Avoid touching the treatment area 48 hours after the treatment. After that the area can be gently washed with soap and water, and light make-up can be applied in the case of the neck/jaw area after 24 hours.

Until the initial swelling has resolved, do not expose the treated area to intense heat (e.g. solarium and sunbathing) or extreme cold.

If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site.

If you experience persistent or increasing swelling and redness that might indicate infection, or bruising that is more than average, contact the clinic on [info@facialsculpting.co.uk](mailto:info@facialsculpting.co.uk) or 07340093939 for advice.

### Summary of treatment

Procedure time 1.0-1.5 hours, Local Anaesthetic , 3 to 5 sessions 4-6 weeks apart normally required

Sensitivity period 3 days Back to work 1-2 days .Full recovery 2 weeks.

Duration of results Permanent if maintained.

## Useful information

Access to the clinic with a lift or staircase.

Dedicated toilets for patients.

Chaperones can attend however cannot be in the treatment room.

Dr Nina speaks Italian, English, and French.

## Your Account

The £80.00 consultation fee is redeemable against any treatments you wish to choose from for a maximum of 2 months from the consultation.

A consultation fee is taken for each new appointment scheduled in with Dr Nina.

Treatments are paid at the end and on the same day of the appointment, we accept debit and credit cards including American Express, BACS with proof of payment, PayPal transfers with proof of payment and cash.

If you require an invoice for your insurance purposes, please request this invoice via email [info@facialsculpting.co.uk](mailto:info@facialsculpting.co.uk)

## Feedback and client reviews

When in clinic you may be given a patient satisfaction questionnaire, we kindly ask you take the time to complete this. Your responses will help us improve the service we offer you and help us recognise and reward individuals who go the extra mile to deliver first class service.



Please feel free to leave a review on Google Reviews

[https://www.google.com/search?q=dr+nina+bal&rlz=1C5CHFA\\_enGB940GB940&oq=dr+nina+bal&aqs=chrome..69i57j0l7.3460j0j15&sourceid=chrome&ie=UTF-8#lrd=0x48761ad1ad86b451:0xe87ef4dbc8075067,1,,](https://www.google.com/search?q=dr+nina+bal&rlz=1C5CHFA_enGB940GB940&oq=dr+nina+bal&aqs=chrome..69i57j0l7.3460j0j15&sourceid=chrome&ie=UTF-8#lrd=0x48761ad1ad86b451:0xe87ef4dbc8075067,1,,)

## HOW TO COMPLAIN

In the event that you are unhappy with any aspect of your treatment or care, in line with our verbal complaint's procedure, please contact management, who will, in a vast majority of cases, be able to resolve any difficulty.

If you wish to make a formal complaint, you should do so in writing, to:

The Compliance Manager  
Facial Sculpting Ltd

Address: Tempus Belgravia 11a W Halkin St, Belgravia, London SW1X 8JL

[info@facialsculpting.co.uk](mailto:info@facialsculpting.co.uk)

### Complaints Process.

1. Written complaints acknowledged in 2 working days (unless a full reply can be sent within 5 working days).
2. Formal response made within 21 working days.

## ABUSE OF PATIENTS OR STAFF

All patients attending the Facial Sculpting Clinic will be always treated with respect and dignity. No member of staff has the rights to be abusive to patients or their visitors and any such incidents will be treated as a disciplinary matter. Equally, the Facial Sculpting Clinic does not condone the abuse of staff members by patients or visitors and if such a situation occurs, The Clinic reserves the right to refuse any future care.

We look forward to welcoming you soon!

