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Regulated by



A Handy Guide to Non-Surgical Facelifts



What is a Non-Surgical Facelift?

Medical aesthetics is a branch of medicine that uses non-surgical procedures to alter the appearance and/or function of skin and muscles for the purpose of improving a person's aesthetic and resulting psychological wellbeing.

A Non-Surgical Facelift uses a combination of medical aesthetic treatments to achieve a natural looking lift, with less down-time and reduced risks of complications.

Mission

Currently Medical Aesthetics in the UK has little to no regulation, meaning that anyone, with no medical experience or training can become an "aesthetics practitioner" with only a one day training course. We believe this is a significant danger to public health and we campaign for better regulation of the sector and improved training standards. We work closely with stakeholders to improve ethical practice and raise public awareness about the issue.

What you need to know

Whether you choose to have treatment with us or go somewhere else, we believe that only Registered Healthcare Professionals (Nurses, Doctors and Dentists) should perform medical treatments for the following reasons:

- Thorough consultation is key for positive outcomes – It is essential that your injectors understand how your medical history and medications will interact with treatments. Experience in medical assessment, clinical examination, pharmacology, anatomical function, physiological and psychological factors that affect treatment are essential. Many complications can be avoided with good consultation.
- Understanding anatomy is fundamental to reducing complications and enhancing cosmetic outcomes. Treatments can look obvious or overdone when the anatomy, proportions and functions are not respected.
- Complications may require medical input and prescribed medication – Many of the potential complications will require the experience of a Clinician to identify specific infections, sepsis, allergy, vascular compromise and impaired function. Only a Clinician can make a diagnosis and prescribe medication.
- Healthcare Professionals have accountability for their practice – Registered Nurses, Doctors and Dentists have oversight from a Professional body, the NMC, GMC or GDC. If things go wrong, they will be held accountable for what they did or failed to do.

Questions to ask your Clinician

Q. What is your Profession? What is your background?

A. The answer should be; Registered Nurse, Doctor or Dentist.

Q. What specialist training do you have?

A. Your Clinician should be happy to explain their credentials, relevant training and experience, and show training certificates.

Q. Are you insured?

A. A reputable Clinician should have Medical Malpractice insurance and public liability insurance.

Q. Who are you regulated by?

A. Currently there is no legal requirement for regulation of aesthetic clinics but all medical clinics should be registered with the CQC. A reputable aesthetic clinic will be regulated by at least one of the following: CQC, JCCP, SaveFace, ACE, CMAC

Remember: You should never feel pressured to have treatment. Always follow your instinct about whether a Clinician is right for you.

A Full Face Approach

Understanding ageing

To best rejuvenate the ageing face, first we must understand the ageing process and the changes that occur.



Structural

- Skeletal supporting structure diminish with age. This leads to hollow eyes, a shortened chin and diminishing cheek bones.
- Ligaments loosen and muscles lose mass and tone.

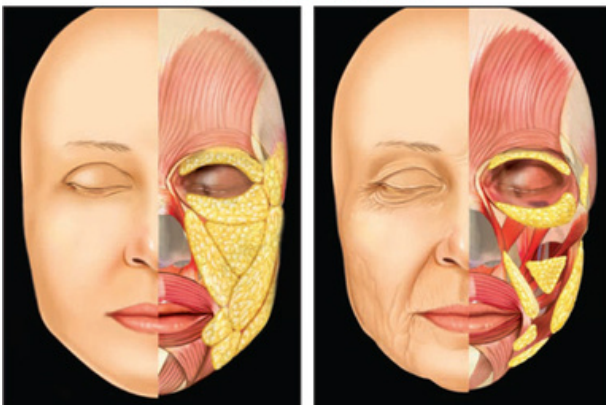
Supportive

Fat pads such as in the cheeks and temples lose volume. Without this support, skin succumbs to gravity and is dragged downward, creating folds and fullness in the lower part of the face.

Surface

- As collagen, elastin and hyaluronic acid production diminishes the skin loses its elasticity and may become lax, fragile and dehydrated.
- Lines and wrinkles appear and settle in. The reduced cellular turnover means the replication process of skin cells becomes sluggish and skin may appear dull.
- Hormonal changes affect the function of the skin. Pigmentation and age spots may appear, pore may become noticeable or blocked. Inflammatory processes like rosacea may become problematic.

CHANGES IN SKIN AND FAT



YOUTHFUL FACE

AGING FACE

CHANGES IN MUSCLE AND BONE



YOUTHFUL FACE

AGING FACE

Thankfully, a combination of treatments can be used to restore what has been lost.

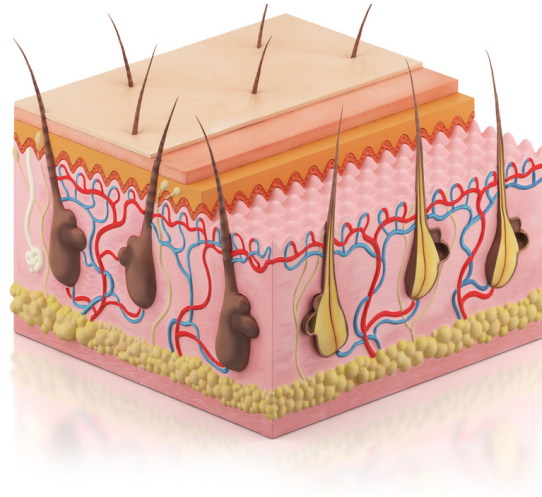
We specialise in menopausal skin

Menopause can bring many challenges, none more visible than the effect it has on the skin.

But why?

During menopause:

- Oestrogen levels fluctuate and decline.
- More FSH (follicle-stimulating hormone) is released.
- The ovaries produce more androgens.
- LH (luteinizing hormone) increases
- Inhibit B decreases.



These changes mean:

- Oestrogen regulates fat deposits in the body so a decline in oestrogen can lead to a loss of volume in the face where fat pads are present ie cheeks and temples. Loss of structure in the mid and upper face notoriously leads to skin laxity and "jowls" in the lower face.
- Oestrogen regulates bone function; as this declines, bone is lost causing the eyes to hollow, the chin and jaw to shorten and the general structure to be lost.
- Increased sebum production resulting from an increase in androgens, can cause acne in some menopausal women, even those who have never suffered before.
- On the contrary, for many the decline in oestrogen causes a reduction in sebum leading to skin dryness and itching, as well as causing hair to be dry and brittle.
- Compromised skin quality can affect the immunity function of the skin, leading to increased reactivity to allergens, poorer skin healing and inflammation.
- Skin becomes more significantly more sensitive to UV exposure, which degrades the collagen and elastin in the skin. Photo-damage is markedly increased.
- The inflammasomes released by the reproductive organs causes an increase in inflammation. The affect of this on the skin is sometimes called "inflammageing."
- The loss of collagen weakens the skins natural barrier as collagen acts as the skins essential scaffolding protein. Reduced barrier function leads to loss of hydration and poor uptake of skincare products.
- Fibroblasts are responsible for the production of collagen and elastin but become less active with age and declining female hormones. The reduction in collagen and elastin, weaken skin structure and cause skin to become lax, fragile and lose firmness.
- Cell turnover slows with reduced fibroblast activity (usually every 28 days, slowing down to up to 60 days). resulting in poor sloughing of dead cells; making skin dull and flat and prone to breakouts.
- Reduction in collagen, elastin and hyaluronic acid, contribute to skin laxity and fragility, loss of firmness and dehydration.

Thankfully there are many options to treat skin affected by the menopause.

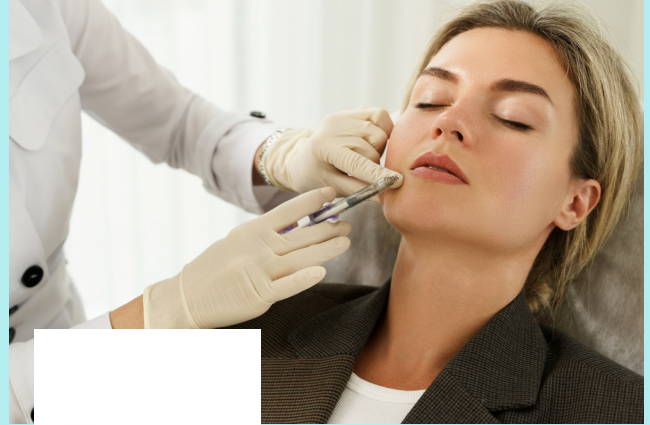
Non-Surgical Facelift Treatment Options



Aesthetic Treatments

Dermal Fillers

Temporary Dermal Fillers are injected under the skin in order to add volume to areas of the face and smooth lines and wrinkles. The gel like substance is derived from stabilising Hyaluronic acid which is found naturally within the skin. The body naturally breaks it down over a period of 6-12 months depending on the individuals metabolism and the area of injection. They are typically used to add volume to: the cheeks, lips and chin and smooth lines around the nose and mouth, but are also used to smooth tear troughs, or in conjunction with other modalities to deliver a non-surgical face lift.



TEOXANE

Wrinkle Injections

'Wrinkle injections' are a prescription only medicine (POM) commonly known as Botox. Wrinkle injections are most commonly used to relax the muscles around the eyes and forehead. Softening of the lines caused by repeated expressions; allows the skin to resurface - reducing the appearance of wrinkles. Treatment typically needs repeating every 12 weeks but varies according to the individual.



Allergan

Profilo

Profilo is the first treatment of its kind. Described as a 'Bio-remodeller,' it contains one of the highest concentration of hyaluronic acid on the market. It works to boost the hydration of the skin but also to stimulate 4 types of collagen and elastin to remodel aging and sagging skin and improve skin texture. Profilo delivers great results on it's own or when used in conjunction with other injectable treatments. A typical course begins with 2 treatments and a further single treatment every 6 months to maintain results. Profilo can be used on the face, neck, décolletage, hands, arms or any part of the body concerned with poor skin quality or laxity.



PROFILO®

Non-Surgical Facelift Treatment Options



Aesthetic Treatments

Polynucleotides

Polynucleotides are a revolutionary new treatment. Derived from fish gonads, polynucleotides stimulate fibroblast production; cells which play an integral role in the synthesis of structural substances within the skin such as collagen, elastin, hyaluronic acid and chondroitin.

Polynucleotides work by stimulating fibroblasts which encourages cell turnover, improves elasticity, boosts collagen production and hydrates skin thanks to powerful wound-healing polymers. This treatment is perfect for reducing fine lines around the eyes, dark circles, scarring and skin laxity anywhere on the face or body.



Sunekos

Sunekos contains hyaluronic acid and a patented formula of amino acids, which are essential for the creation of healthy skin and promotes the body's own production of collagen and elastin. This process rebuilds the dermal layers of the skin and restores the natural youthful look by tightening the area, improving skin hydration and texture and plumping wrinkles and lines out. A great treatment for lines and hollows under the eyes.

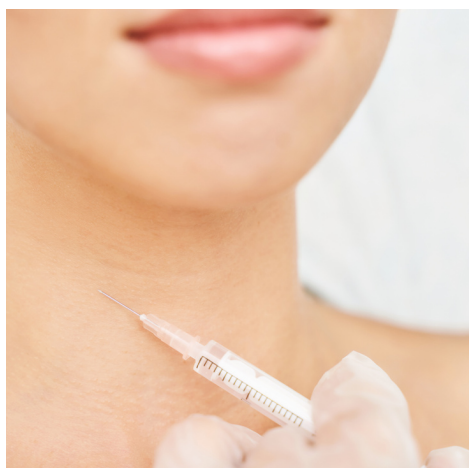
Intralipotherapy

Intralipotherapy (AKA Fat dissolving injections, lipolysis or lipotherapy) is a treatment that uses a formulation called sodium deoxycolate to actively break down lipids (fats) under the skin, allowing your body to excrete it naturally as you would dietary fats. Intralipotherapy can be used in a multitude of areas of the face and body; most commonly:

- Double chin
- Abdomen
- Thighs
- Upper arms
- Upper back



Specialist Procedures



"Gummy Smile"

Botulinum Toxin is used to drop the lower lip to cover the gum when smiling.

"Bunny Lines"

Botulinum Toxin is used to soften the lines that appear on the nose when wrinkling the nose.

"Necklace Lines"

Botulinum Toxin is used to soften the vertical lines and horizontal bands that appear around the neck.

"Nefertiti Lift"

Botulinum Toxin is used to lift the neck and jowls.

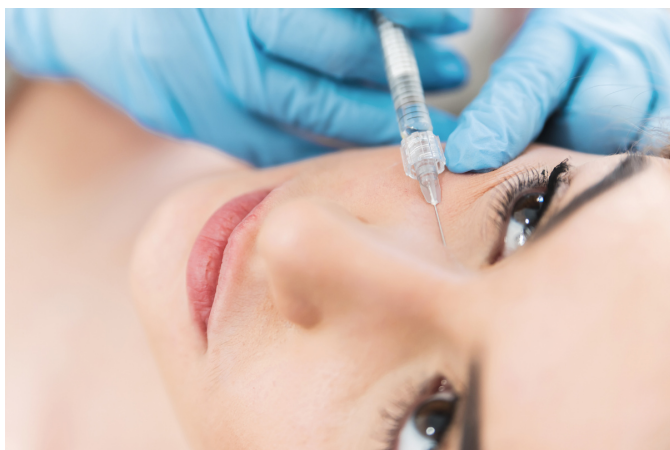
Non-surgical Rhinoplasty

Dermal fillers and Botulinum Toxin can be used to improve the appearance of lumps and bumps of the nose, lift a dipped nose and improve asymmetries after injuries to the nose. A non-surgical rhinoplasty avoids the down time and potential complications of surgery whilst lasting for 18 months or more for many patients.



Tear Trough Fillers

Dermal Filler can be used to reduce the appearance of tear trough deficit which causes a hollowing or "trough" beneath the lower eye lid. Whilst the dermal filler does not actively lighten dark circles, changing the way the light falls in this area can dramatically improve the appearance of dark circles too. Treatment typically lasts up to 18 months. It is often the case that the cheeks will also require some volumisation when tear troughs are present.





Prescription Skincare

Acne ~ Lines & Wrinkles ~ Rosacea ~ Pigmentation ~ Menopause

ZO® Skin Health believes the ideal way to attain and maintain skin health is through the power of science. Drawing inspiration from the founder, world-renowned dermatologist Dr. Zein Obagi, ZO® Skin Health continues to push the boundaries of medical-grade skincare.

Combining their distinct perspective on skin health science with proprietary technologies and product education and protocols, ZO® elevates and optimises the relationship between skin and skin care.

ZO® provides comprehensive solutions for maintaining skin at its healthiest – regardless of age, ethnicity, skin condition or skin type. From correcting sun damage and pigmentation to protecting against future damage, ZO® offers a wide spectrum of advanced skincare protocols and products designed to promote healthier skin day after day.

The Medical Skin Clinic are proud to be an Authorised ZO Clinic





Getting Skin Ready Step 1



Cleanse

Hydrating Cleanser 200ml

(Dry/Sensitised)

- Cleans away debris, oil and makeup
- Minimizes dryness and irritation
- Soothes and calms sensitive skin

Exfoliating Cleanser 200ml

(Normal/Oily/Acne prone)

Cleans away debris, oil and makeup

- Helps remove skin-clogging cells
- Exfoliates and decongests skin
- Provides antioxidant protection and helps reduce inflammation



Gentle Cleanser 200ml

(All skin types)

- Cleans away debris, oil and makeup
- Provides effective makeup removal, shaving gel or body wash
- Replenishes hydration
- Provides antioxidant and anti-irritant benefits

Our clinic is an authorised ZO Stockist.

By law, ZO cannot be purchased online and can only be prescribed by approved Doctors & Nurses.

Exfoliate

Exfoliating Polish 65g

(All skin types)

- Instantly smooths skin
- Gently dissolves oil and removes dulling, clogging skin cells
- Replenishes hydration and healthy lipids
- Brightens skin



Dual Action Scrub 116g

(Oily/Acne prone)

- Sloughs away skin-clogging skin cells
- Dissolves and removes excess oils
- Destroys acne-causing bacteria
- Replenishes hydration
- Reduces inflammation and neutralizes free radicals

Tone

Complexion Renewal Pads (60)

(All skin types)

- Minimizes surface oil and exfoliates pore-clogging dead skin cells
- Decongests skin and minimizes breakouts
- Replenishes hydration
- Provides antioxidant and anti-irritant benefits

Oil Control Pads (60)

(Oily/Acne prone)

- Provides maximum-strength acne prevention solution
- Exfoliates skin-clogging cells
- Minimizes oil and tightens pores



Calming Toner 180ml

(Dry/Sensitised)

- Balances pH to restore skin health
- Minimizes pore size
- Subtly exfoliates dry, dull skin
- Hydrates, soothes and calms skin



Prevent & Correct Step 2



Anti-Ageing

Daily Power Defence 50ml

(All skin types)

- Defends skin against premature aging from free radicals
- Visibly reduces multiple signs of inflammation
- Accelerates barrier restoration and extended skin hydration
- Supports natural cellular repair to ensure optimum skin health



Growth Factor Serum 30ml

(All skin types)

- Enhances production of collagen and hyaluronic acid and prevents future signs of ageing
- Reduces appearance of fine lines/ wrinkles
- Improves skin firmness and elasticity
- Restores hydration and reinforces skin barrier
- Softens the appearance of expression lines



Radical Night Repair 60ml

(All skin types)

- Innovative formulation ensures stability for maximum anti-aging benefits
- Helps improve skin's brightness, reduces appearance/look of brown spots and provides a more even tone
- Provides antioxidant protection against signs of free radical damage
- Combats irritation to help calm and soothe the skin



And more...

Firming Serum C 47ml

Enzymatic Peel 50ml

Exfoliation Accelerator 50ml

Retinol Skin Brightener 0.5%

Retinol Skin Brightener 1%

Illuminating AOX Serum 50ml

(All skin types)

- Delivers advanced, all-day environmental protection against oxidative stress
- Visibly reduces multiple signs of inflammation
- Supports natural cellular repair to ensure optimum skin health
- Restores youthful luminosity to dry, dull and mature skin

Instant Pore Refiner 29g

(All skin types)

- Smooths skin texture, tightens pores
- Reduces surface oil, provides instant matte finish
- Inhibits inflammation, provides antioxidant protection



Wrinkle & Texture Repair (0.5% retinol) 50ml

(All skin types)

- Helps reduce lines and wrinkles in the skin
- Supports a more even skin tone
- Provides antioxidant and anti-irritant properties
- Helps skin renew itself



Self-activating Vitamin C 50ml

(All skin types)

- Helps remove surface discoloration
- Powerful antioxidants help defend against environmental triggers
- Helps minimize the appearance of fine lines and wrinkles



Ask your Clinician for advise



Prevent & Correct Step 2



Pigmentation & Brightening

Brightalive Skin Brightener 50ml

(All skin types)

- Helps brighten and even skin tone
- Helps prevent future damage

Retinol Skin Brightener 50ml

(All skin types)

- Targets skin discolouration and breaks up existing pigmentation
- Brightens skin and helps even skin tone
- Helps prevent future damage
- Antioxidant protection and helps support the repair of the skin



Rosacea

Rozatrol 50ml

(All skin types)

- Advanced amino acid complex helps to restore skin to a more radiant appearance
- Provides mild exfoliation to help smooth skin texture and even skin tone
- Antioxidant protection helps minimize inflammation and damage induced by daily oxidative stress
- Helps replenish hydration and support healthy skin barrier function



Eye care

Growth Factor Eye Creme 15ml

(All skin types)

- Improves the appearance of expression lines + visibly smooths wrinkles
- Increase fibroblast division + production of Type 1 collagen for improved skin density
- Increases skin's content of hyaluronan
- Enhances microcirculation, protects capillary networks from disintegration
- Support overall eye skin health by detoxifying, alleviating puffiness, removing blood pigments that can lead to dark circles and reducing effects of oxidative stress

Eye Brightening Creme 15g

(All skin types)

- Reduces the signs of ageing, puffiness, dark circles & fine lines
- Stimulates collagen production
- Improves skins elasticity

Acne

Complexion Clearing Masque 85g

(All skin types)

- Helps to prevent new blemishes from forming
- Clears pore to reduce acne and avoid clogged pores
- Absorbs excess surface oil
- Can also be used as a spot treatment

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By law, ZO cannot be purchased online
and can only be prescribed by
approved Doctors & Nurses.



Protect Step 3



Sun Protection

Sunscreen & Primer SFP30 30ml

(All skin types)

- Provides UVA/UVB, HEV and IR-A protection
- Offers firming peptide
- Doubles as a makeup primer with a universal tint

Smart Tone Broad Spectrum SPF50 45ml

(All skin types)

- Provides UVA/UVB, HEV and IR-A protection
- Offers bronzed glow and lightweight feel
- Inhibits future pigment

Daily Sheer SPF50 45ml

(All skin types)

- Provides UVA/UVB, HEV and IR-A protection
- Offers water and perspiration resistance for up to 80 minutes
- Provides non-greasy, matte finish

Sunscreen & Powder SPF45 3g

(All skin types)

- Light-weight, on-the-go powder sunscreen provides buildable, long-lasting coverage and protection from damage caused by UVA/UVB and HEV light
- Contains oil-absorbing properties and light-reflecting particles, reducing unwanted surface oils and providing a luminous, matte finish
- Soft, unique brush design allows for a smooth application and effortless airbrushed result

Broad Spectrum Sunscreen SPF50 118g

(All skin types)

- Provides UVA/UVB, HEV and IR-A protection
- Soothes skin and minimizes inflammation
- Offers ideal solution for sensitive skin, severe acne and post-procedure care

Programmes

Daily Skincare Programme (For GSR for more advanced programmes & maintenance.)

• Exfoliating Cleanser 60 mL • Exfoliating Polish 16.2 g • Complexion Renewal Pads 30 Pads • Daily Power Defense 30ml

Complexion Clearing System (For Acne and hyper-pigmented skin)

• Exfoliating Cleanser 200 mL • Exfoliating Polish 65 g • Complexion Renewal Pads 60 Pads • Complexion Clearing Masque 85 g

Wrinkle & Texture Repair System (For moderately to severely wrinkled, pigmented, sun damaged skin.)

• Daily Power Defense 30 mL • Retinol Skin Brightener 30 mL • Brightalive® Skin Brightener 30 mL • Wrinkle + Texture Repair 30 mL

Skin Brightening System (For hyper-pigmented skin, melasma and age spots.)

• Gentle Cleanser 60 mL • Exfoliating Polish Net Wt. 16.2 g • Complexion Renewal Pads 30 Pads • Daily Power Defense 30 mL • Brightalive® Skin Brightener 30 mL

Anti-ageing System (For mild to moderately aged skin)

• Exfoliating Cleanser 60 mL • Exfoliating Polish Net Wt. 16.2 g • Complexion Renewal Pads 30 Pads • Daily Power Defense 30 mL • Growth Factor Serum 30 mL

Aggressive Anti-ageing System (For moderately/severely aged skin and very sun damaged skin.)

• Hydrating Cleanser 60 mL • Exfoliating Polish Net Wt. 16.2 g • Complexion Renewal Pads 30 Pads • Daily Power Defense 30 mL • Radical Night Repair 30 mL • Renewal Creme 50 mL

Normalising System (For red, inflamed skin and for patients with rosacea.)

• Gentle Cleanser 60 mL • Exfoliating Polish Net Wt. 16.2 g • Oil Control Pads 60 Pads • Daily Power Defense 30 mL • Rozatrol® 20 mL

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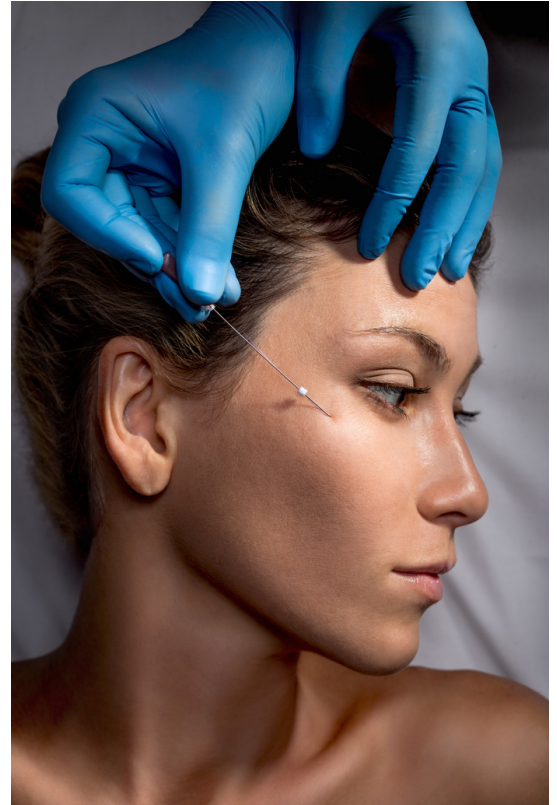
Soft Surgery

Silhouette Soft Thread Lift / PDO Thread Lift

The Thread Lift is a "soft surgical" procedure which involves using single dissolvable sutures to reposition lax skin and restore collagen.

Silhouette Soft is the most advanced "thread" used for this procedure. Unlike barbed threads, it comprises of small cones secured along the thread, which fuse deeply into tissues beneath the skin to lift the skin and secure it into a lifted position. The thread and cones are made of PLLA (Polylactic Acid) which naturally degrades beneath the skin, whilst simultaneously stimulating collagen. The result is natural looking, long lasting and highly effective.

Thread lifts are considered surgical and must be undertaken in a CQC registered clinic. Speak to one of our team today to discuss if this treatment is right for you.



Minor Surgery



Our Minor Surgery Suite is perfect for the removal of skin lesions, warts, skin tags and other unsightly blemishes.

We feel very strongly about patient safety so removal of skin lesions can only be performed with referral from a GP or Dermatologist to ensure we are only removing benign skin lesions and not cancerous lesions. All samples are sent for histology which will be sent to your referring GP or Dermatologist. Ask your Clinician for a referral letter template fro your GP/Dermatologist to complete.

Medical Services

We offer a range of medical services to help you stay happy and healthy.

GP Consultation

Our experienced GPs offer thorough consultations with 40 minute appointments to ensure you feel heard, understood and well cared for.

Nurse Practitioner Consultation

Our Nurse Prescribers deal with a range of issues, from acne to wound care advice.



Health Screening

Our Health Screening services offer a range of diagnostic tests to get a picture of your overall health. A health screen can help you to prioritise your lifestyle habits and monitor changes that you have implemented. Health screening can be particularly useful for those going through a transition, such as menopause to ascertain their health status. We offer a variety of options that can be tailor-made to your needs.



Screening services

We offer a range of services to cater for your needs:

- Bloods
- HBA1C, Thyroid levels
- Hormone levels
- Echocardiogram (ECG)
- BMI
- Blood pressure
- Oxygen saturations
- Allergy testing
- Body fat
- Cholesterol



Regulated by



Could it be the Menopause?



Menopause can present a wide range of symptoms and can occur at any age. It is a common misconception that menopause happens around 50. Whilst for a majority, this is the case, many others experience symptoms in their 30's, or even before. The years leading to menopause are called peri-menopause. Only once you have not had a period for a full year have you reached menopause. Symptoms are often at their worse during menopause but can continue for years post-menopause too.

Common Symptoms

You may have a number of symptoms or none.

Changes to your periods

The first sign of the peri-menopause is usually, but not always, a change in the normal pattern of your periods, for example they become irregular. Eventually you'll stop having periods altogether.

Mental health symptoms

Common mental health symptoms of menopause and peri-menopause include:

- changes to your mood, like low mood, anxiety, mood swings and low self-esteem
- problems with memory or concentration (brain fog)

Physical symptoms

Common physical symptoms of menopause and peri-menopause include:

- hot flushes, when you have sudden feelings of hot or cold in your face, neck and chest which can make you dizzy
- difficulty sleeping, which may be a result of night sweats and make you feel tired and irritable during the day
- palpitations, when your heartbeats suddenly become more noticeable
- headaches and migraines that are worse than usual
- muscle aches and joint pains
- changed body shape and weight gain
- skin changes including dry and itchy skin
- reduced sex drive
- vaginal dryness and pain, itching or discomfort during sex
- recurrent urinary tract infections (UTIs)

Menopause Clinic

Our clinic is registered with The British Menopause society and practices to the highest standard of evidence-based medicine. Menopause is frequently overlooked by GP's or treatment delayed. Whilst menopause is a natural process, it can have significant affects on a woman's physical, mental and emotional health, impacting careers, domestic responsibilities and relationships.

Our Clinicians work with patients to find a tailored approach to managing menopausal symptoms, whether that include Hormone Replacement Therapy (HRT) or alternatives.

Initial Consultation

The first step for all new patients visiting the clinic for menopause specialist services. A full assessment will be undertaken and an initial care plan developed. Cost includes the prescription charge if a prescription is required.



Follow Up Consultations

Our Menopause Specialists are here to review your treatment whenever needed. Cost includes the prescription charge if a prescription is required. Investigations are tailored to your requirements if required.

Phlebotomy & Follow up

Blood tests may be required to establish the diagnosis of menopause or exclude other health conditions. Price includes a follow up appointment, with the option of a telephone follow up or in-clinic follow up, depending on your preference.



Repeat Prescription

If you need a prescription re-issued without change, you do not need to book a follow up, simply select the option to issue a repeat prescription.

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Medical Treatments

Hyperhidrosis Treatment (excessive sweating)

Hyperhidrosis or excessive sweating can be an incredibly embarrassing condition. Hyperactive sweat glands can be present on any part of the body but most commonly this condition affects the underarms, hands and feet. It can lead to body odour, wet patches on clothes or impracticulaly slippery hands when holding smooth items. Botulinum Toxin can be injected in multiple small blebs under the skin to reduce the activity of these sweat glands and reduce the



Bruxism Treatment

Grinding and clenching teeth is frequently an unconscious habit, often occuring during sleep. It can lead to pain and aching of the jaw, TMJ and headaches. Long term it can result in damage to the teeth and a bulky masseteur muscle. Botulium Toxin can be used to reduce teeth grinding but relaxing the movement of the muscles. Treatment of Bruxism can be with or without a night guard, tailor-made and fitted by our resident Dentist.



Migraine Treatment

We understand that it's not just the pain of the migarine that makes them so debilitating. Botulinum Toxin can be injected in multiple points across the face and head to reduce tension on associated nerves that trigger migraine. Many find this treatment to be incredibly effective and able to reduce their migraine days by half.



Medical Treatments

Botulinum Toxin for Hayfever

Hayfever can range from a minor irritation to debilitating. Traditional steroid injections have been used as "hayfever shots" but can result in many unwanted side effects. We use Botulinum Toxin to block the receptors inside the nasal cavities preventing them from detecting the allergen and reducing the response you have to the stimuli. We have seen very effective results with this treatment which is quick and minimally invasive.



B12 Injections

B12 deficiency can leave you feeling drained and exhausted. If a B12 deficiency has been diagnosed and oral medication has not been effective; patients may be started on B12 injections. We offer maintenance injections for patients under a haematologist with confirmed diagnosis, where B12 injections have been recommended. B12 maintenance injections are typically given every 2-3 months and will require ongoing monitoring.



Scar treatment

Unightly scars can be difficult to manage but our Doctors & Nurses are experienced in a variety of treatments for scar management. Intralesional steroid injections (AKA Kenalog), dermal filler, polynucleotides and even Botulinum Toxin can be used to improve the appearance of scars whether they be a result of surgery or historic injury.

Possible risks and side effects

As with any treatment or procedure, there are always possible risks and side effects. See below table for some of the most common, although not exhaustive list of risks and side effects.

Problem	Symptoms	What to do
1. Local irritation, swelling, redness, discomfort.	1. Symptoms that last beyond 48 hours, or concern you.	1. Contact the clinic for review.
2. Allergic reaction. 3. Anaphylaxis	2. Mild, local itching or swelling. 3. Difficulty breathing or swelling to lips or airway, vomiting or seizures.	2. Take an antihistamine and contact the clinic. 3. This is a medical emergency - call 999.
4. Bruising. 5. Haematoma.	4. Discolouration of skin with/without tenderness. 5. Collection of blood beneath the skin.	4. Apply Arnica cream. Expect to improve over 7-10 days. 5. Contact clinic for early review.
6. Infection 7. Herpes Simplex (coldsore)	6. Redness, heat, pain, oozing. 7. Tingling, sores which scab and may spread.	6. Contact clinic for early review. 7. Apply Aciclovir cream and contact clinic for advice.
8. Product migration 9. Asymmetry 10. Ptosis or unexpected muscle weakness.	8. Product moves from site of injection. 9. Sides of the face/body are not the same. 10. Treatment has affected movement or position ie dropped brow.	8, 9 & 10. Attend 2 week review unless particularly problematic. It is possible for these issues to resolve within this time.
11. Nerve damage. 12. Vascular Occlusion 13. Visual impairment	11. Significant pain or change in function. 12. Significant pain, change of colour to area, flaking skin, poor blood supply. 13. Changes to vision following treatment.	11. Contact clinic for advice. 12. Contact clinic immediately - do not delay. 13. Attend A&E immediately and inform clinic - do not delay.
14. Other symptoms	14. Any other symptoms not described here.	14. Contact clinic for advice, if urgent attend A&E/call 999.

Have a concern?

If you are at all concerned following a procedure, we urge you not to delay contacting us for a review appointment.

email: reception@medicalskinclinic.co.uk **or call:** 01638 476423

For **URGENT** out of hours ONLY call: 07761 825886

Research and Reflect

Independant resources for further reading

Whilst we aim to give you the very best advice, we do encourage our patients to conduct their own research from independent reliable resources. We appreciate how difficult it can be, so we've put together a list of recommended futher reading.

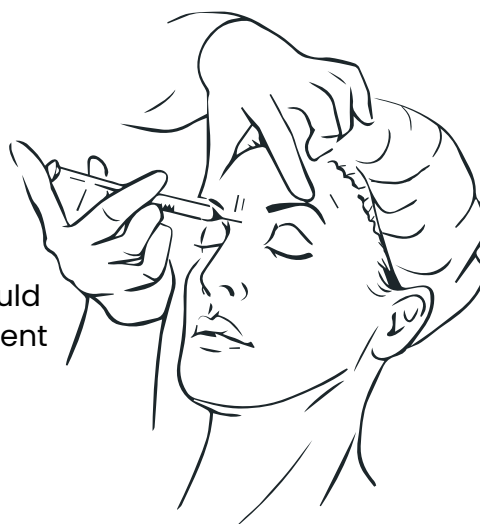
- **NHS** - General advice about non-surgical procedures.
<https://www.nhs.uk/conditions/cosmetic-procedures/>
- **JCCP** (Joint Council Cosmetic Practitioners) - General advice about non-surgical procedures. <https://www.jccp.org.uk/ThePublic/treatments>
- **Save Face** - Information about non-surgical procedures.
<https://www.saveface.co.uk/face-body-treatments/>
- **ACE (Aesthetic Complications Experts)** - Handy leaflets about aesthetic procedures.
<https://uk.acegroup.online/leaflets/>
- **Real Self** - This is a paid for advertising platform for clinics but it has a high volume of patient reviews (good and bad) and before and after photographs for aesthetic procedures, which can be useful for providing a "bigger picture."
<https://www.realself.com>

When is best to have treatment?

Consider the following:

Are you going away in the next 28 days? If so, can you access support if you were to have a concern?

Do you have any important events coming up? You should have treatment at least 28 days before an important event to allow for any side effects to subside.



Why are you having treatment?

Consider the following:

Are you being pressured by a partner or spouse?

Are you being pressured by friends, family or work colleagues?

Are you being honest with yourself and your practitioner about what you hope to achieve?

Have you had multiple procedures and been left dissatisfied each time?

Do you become fixated on certain features and are unable to achieve what you hope?

Have you ever been diagnosed with Body Dysmorphia (BDD) or are you concerned that you might suffer with this?

Moving forward with treatment

Once you've attended a consultation and feel more informed about your options; below are your next steps, should you wish to proceed:

CONSIDER:

There is no pressure to proceed with our recommendations and we always suggest that you research and consider treatments carefully before proceeding. We have included a list of independent organisations to continue your research.

For those who wish to have treatment on the day; this is an option for some procedures. Alternatively you can book in with us, if and when you feel ready to do so.

Remember to factor in the possibility of side effects such as bruising when considering the best time to book your procedure. We recommend allowing at least 28 days between a procedure and any event that you might be concerned with your appearance.

PREPARE:

With your procedure booked, you can get ready for the procedure. Please ensure all forms that are received, are completed and returned. Avoid alcohol and any drugs that thin the blood (unless prescribed, in which case consult with the clinic) for 48 hours before the procedure. This includes but not limited to Aspirin, Ibuprofen and Naproxen. Arrive at the clinic at the time of your appointment, with no make-up, cream or other cosmetics on your skin.

RELAX:

Your Doctor or Nurse Prescriber will take photographs and sign a consent form with you on the day of the procedure. Please ask any questions you may have.

You may require a topical numbing cream to be applied to your skin before the procedure. Whilst this is working, your Doctor or Nurse will be getting things ready.

Your procedure will be performed with the greatest of care and attention. Feel free to clarify anything with our staff and ask for a break if you wish to. Many of our patients comment that they are pleasantly surprised by how quick and comfortable our procedures are.

TAKE CARE:

Many of our procedures allow for you to return to normal activities the same day but all will require some aftercare. This will be discussed with you and is available in your patient information leaflet. If you wish to take some time off work or have a special event in mind, please do discuss with our team.

Please do be mindful of the aftercare. With effective aftercare; our complication rates are extremely low. If you do have any concerns, or wish to be reviewed early, please do not hesitate to contact us.

Booking an appointment

Once you've decided you wish to proceed with treatment, you can book an appointment in clinic, online or by calling us:

www.medicalskinclinic.co.uk
01638 476423

Aftercare & Support

Following any Aesthetic Procedure

For 6 hours:

Avoid direct pressure to treated areas (ie. lying down)

Be mindful of hot drinks around numbed areas.

For 24–48 hours:

Do not touch, pick or poke treated areas.

Do not apply make-up or cosmetics.

Avoid extreme heat and cold (ie ice pack/sauna).

Avoid vigorous exercise and alcohol consumption within 48 hours; can reduce effectiveness.

Avoid undue pressure (ie visors, helmets, facials)

For 2 weeks:

Do not receive any vaccinations within 2 weeks of treatment.

Avoid heat treatments (ie laser), any other aesthetic procedures and undue pressure (ie facials.)

Apply minimum SPF 35 sunscreen daily.



*If you are concerned, don't
delay in contacting us.*

Following a Thread lift

As above but also be mindful of not opening your mouth too wide for at least 2 weeks.

Sleep on your back and avoid turning onto your side. Pillows can help.

Following any other treatment

Follow aftercare as per your Clinician's instructions.

Your experience with us

We aim to give the best care and make every patient happy. In order for us to do this, we need to know what has gone well and what we can do better. We may ask for your feedback about our services and would be really grateful if you could provide any insight into your experience. The CQC are also interested in our performance so please feel free to feedback to them directly too:

<https://www.cqc.org.uk/give-feedback-on-care>



Supporting Skin Health

Skincare & Sunscreen

If you only do one thing to support the health of your skin, apply 50+ SFP to your skin everyday, whatever the weather. Sun damage ages the skin by degrading collagen and elastin, compromises immunity and is the leading cause of skin cancer. Prescription skincare is best to assist skin cells to function effectively, keeping the skin health and young looking.



Stress & Hormones

Stress and hormonal changes such as pregnancy and menopause can lead to significant changes in skin function and appearance. Cortisol, a hormone released during periods of stress, can impact the regulation of other hormones in the body. The decline in hormones associated with menopause can start at anytime in a women's life and should be discussed with your GP or one of our Clinicians to ensure you are best supported.

Lifestyle, Diet & Exercise

We all know what we should do but rarely consider the impact of lifestyle, diet and exercise on our skin. Proteins are essential for skin cell growth and repair whilst good fats keep skin from getting dry or too greasy. Exercise tones the skin as well as supporting muscles and ligaments. Smoking robs the skin of oxygen and reduces cellular turnover. Small changes can make a big difference so don't delay making that healthy change.



If you need help with weight loss, healthy eating, smoking cessation, stress management, mental health, domestic abuse or any other concern, please talk to one of our Clinicians who will be happy to guide you:

We are here for you

We all need help at times. The Medical Skin Clinic is committed to looking after our patient's wellbeing, in all respects. Here is a compendium of support services where you can get some advice when you need a little support.

Domestic Abuse

Women's Aid - 0808 2000 247 (Freephone 24/7)

www.womensaid.org.uk

Refuge - 0808 2000 247 (Freephone 24/7) www.refuge.org.uk

Rape Crisis - 0808 802 999 (Freephone) www.rapecrisis.org.uk

National Domestic Violence Helpline - 0808 2000 247

www.nationaldahelpline.org.uk

Freedom Programme - <http://www.freedomprogramme.co.uk>

FLAWS (legal advice) - <https://www.flows.org.uk>

Mental Health

Samaritans - 116 123 (24/7) www.samaritans.org

Mind Infoline - 0300 123 3393 (Mon-Fri 9am - 6pm)

Text: 86463 www.mind.org.uk

Rethink - 0300 5000 927 (9.30am - 4pm)

Young Minds - 0808 802 5544 (09.30am - 4pm) Text YM to 85258 www.youngminds.org.uk

Body Dysmorphic Disorder Foundation - www.bddfoundation.org

Sane - 0203 38051790 <https://www.sane.org.uk/>

URGENT HELP!

If you are in a mental health crisis or need urgent medical attention - call **999**

If your situation is urgent but not medical - call **111**

The Medical Skin Clinic Signposting Information



Substance

Frank - 0300 1236600

www.talktofrank.com

Release - 0207 3242989

ask@release.org.uk

Addaction -

www.addaction.org.uk

DrugFam -

www.drugfam.co.uk 0300

8883853

Digital Abuse & Stalking

Refuge - <https://www.refuge.org.uk/our-work/our-services/tech-abuse-empowerment-service/>

Revenge Porn - 0345 6000 459 (10am - 4pm)

Suzy Lamplight Trust (Stalking support) - 0808802 0300

The Cyber helpline - <https://www.thecyberhelpline.com/gethelp>

Advice for legal, consumer, employment, family energy issues

Citizens Advice - <https://suffolkwestcab.org.uk>

The Clinic

The Medical Skin Clinic was founded by Christina Param-Phillips RGN INP in 2016 to meet a need in the medical aesthetics sector for honest, good quality medical care for cosmetic procedures.

Since this time, the clinic has has grown and developed to meet the needs of the patients. Employing only skilled Doctors and Nurses for all treatment delivery, the clinic boasts registration with The Care Quality Commission (CQC) and excels in social responsibility projects within the community.

Regulated by



The clinic places the highest value on ethical practice and raising standards in healthcare. Our expert medical professionals are duty bound and personally ambitious to provide honest assessment and effective treatments for our patients. We don't sell, we consult and our consultations are open, honest and treatment recommendations are based on what we believe to be in the patient's best interests.



We believe that only registered Doctors, Nurse Prescribers and Dentists have the required skills and experience to practice aesthetic medicine safely, which is why all our staff are highly skilled, registered healthcare professionals.

Our clinical team love educating patients! If you are still in the research phase, see our list of independent organisations (see page 23) providing information about medical aesthetic procedures. We provide information-rich consultations with no obligation to proceed with treatment, all in the name of patient education.

Contact Us

www.medicalskinclinic.co.uk

01638 476423

reception@medicalskinclinic.co.uk



@themedicalskinclinic



@themedicalskinclinic



@Med_Skin_Clinic

The Medical Skin Clinic,
30 High Street,
Newmarket
Suffolk CB8 8LB

Refer a Friend

**and get £50 off your next
treatment, when they have
treatment with us!**



www.medicalskinclinic.co.uk