

## **Information and Consent for Ultra-lift Treatment**

### **What is Ultra-lift?**

This is the latest and most effective combination skin treatment package to offer safe and proven skin tightening and rejuvenation to all layers of the skin. Combining ultrasound, needling and radio frequency to carefully measured depths of the skin it offers ultimate tightening with minimal to no downtime.

Treatment combines a carefully selected program of focused ultrasound, superficial radio frequency and needling radio frequency to suit individual patient needs. The complete rejuvenating ultra- lift experience may include volume enhancement and muscle relaxant treatment to enhance individual patient results.

A treatment schedule and costs will be explained by your practitioner and is likely to include a number of visits over a three to six months period. This allows carefully selected and controlled treatments to be carried out at various skin depths at different visits to ensure maximum results are achieved.

Your practitioner will ask you to bring in an earlier photograph of yourself, as well as taking photographs pre treatment, to ensure natural results are always maintained.

## **Ultrasound**

### **What is focused ultrasound treatment? (FUS)**

Focused ultrasound is performed as part of our 'ultra lift' treatment; however, it can be performed as a stand alone treatment for deep tissue tightening.

It is the latest aesthetic innovation that offers non invasive, non surgical deep tissue tightening using controlled ultrasound waves with minimal to no down time.

### **How does it work ?**

Ultrasound waves are beamed to a controlled targeted depth of the skin where thermal heat energy tightens and contracts underlying tissue right down to the muscle layer. Thermal deep tissue injury stimulates the growth of new healthy collagen for prolonged and more intensive tightening

### **Is the treatment safe?**

Ultrasound has been used in medical treatments for more than 50 years. It is a powerful medical device and must be carried out by a trained and experienced practitioner to ensure optimal and safe results.

### **What does FUS feel like?**

A thin gel will be applied to the treatment area and the hand piece will be moved systematically over the area in treatment lines delivering the correct amount of ultrasound waves. A number of passes will be made over the area according to the mutually agreed desired degree of tightening

A mild prickling sensation may be felt in the treatment area where energy builds in the deeper tissue layers, particularly over bony areas. Energy levels can be adjusted according to individual patient's feedback to ensure that the treatment is well tolerated.

Immediately post treatment the skin may feel warm to touch. In a limited number of patients there may be mild sensation of deep tissue tenderness for 5 to 7 days.

### **How long will results last?**

Immediately after treatment your skin will look and feel tighter and more defined. The degree of immediate tightening varies between patients and results continue to improve for at least 3 months as tired collagen is replaced with new stronger collagen as part of the deep tissue healing process. Repeat treatment programs will be recommended on an individual patient process; however, results are predicted to last for a number of years with the skin naturally commencing the ageing process once again.

### **Possible side effects/ complications**

Ultrasound is very safe and has been used in medicine for many years. Post treatment there can be transient redness, however, this settles quickly and normal activities can resume immediately. Mild tissue tenderness can be felt for 5 to 7 days.

### **How many treatments will I need?**

1 to 3 treatments may be recommended according to the degree of laxity and post treatment expectation.

Please advise your doctor or Aesthetic Nurse if you have any forthcoming social engagements so a personal evaluation can be made as to any possible downtime associated with the treatment that could impact on your enjoyment of the event. Every individual can react differently to treatment so it is important to alert your practitioner"

### **Care following treatment**

Facials should be avoided for 4 to 6 weeks and good sun protection behaviors should be followed to prevent further damage to the skin. Additional treatments such as Thermage/Grid Radiofrequency (GRF), Intracel, Fraxel, Intense pulsed light or the Obagi skin care program may be recommended as part of your overall skin care improvement package.

### **Am I too young for FUS?**

Focused ultrasound can be carried out as a rejuvenating 'party lift' treatment to enhance even younger skins with less laxity, to combat the early signs of skin aging.

### **When will I see results**

The results from this treatment are variable, depending on the original quality of the skin and degree of damage to be treated. The skin will begin to feel smoother and tighter even after the first treatment, but the best results from the treatment will continue to improve for up to six months, increasing with additional treatments.

## **Thermage/Grid Radiofrequency (GRF)**

Thermage/Grid Radiofrequency (GRF) is a non-invasive treatment that delivers tighter plumper skin, renewed facial contours and healthier collagen. It employs a radiofrequency technology that has been clinically proven to tighten and gently lift skin to smooth out wrinkles. The incision-free procedure has no down time and can be performed on patients of all skin types and ages.

### **How does it work?**

The Radiofrequency device delivers a controlled amount of radiofrequency energy, which uniformly heats a large volume of collagen in the deeper layers of the skin while simultaneously protecting the outer layers of skin. This causes deep structures in the skin to tighten, and over time, new and remodeled collagen is produced. The energy is delivered using an advanced hand piece which improves comfort and

delivery of energy, enabling higher levels to be achieved, and more treatment shots to be administered.

### **What does the Thermage/Grid Radiofrequency procedure feel like?**

With each touch of the Thermal Tip you will experience a brief, deep heating sensation as the energy is delivered to the skin. Vibration technology may be used to disperse the energy and minimise any discomfort. The level of vibration can be adjusted to individual needs. Each pulse of energy is accompanied by an audible tone. The physician must maintain contact with the skin so that it can be effectively cooled, so it is important not to move away from the Thermal Tip. The physician will be guided by your feedback during the treatment and can reduce the energy if the heat becomes intolerable or increase the level of vibration, breaks can be taken during treatment for skin cooling if required. You will be made comfortable and supported throughout your treatment.

### **How long will the results last?**

Immediately after a Thermage/Grid Radiofrequency procedure your skin should feel tighter and smoother. We will compare before and after photographs to view this immediate lift. You will have additional tightening over the next six months, when photographs will again be taken for comparison. Unpublished reports indicate that results may continue for 24 months or longer. Because all individuals are different it is not possible to predict exact benefits, and some individuals may need additional treatments to achieve the desired effects.

### **What are the possible risks and complications involved?**

Although complications following Thermage/Grid Radiofrequency (GRF) are infrequent, there are some risks associated with treatment which include:

Bruising and Swelling: Resolves in several days to several weeks.

Erythema or Blanching: Mild reddening or whitening of the skin for several hours.

Pigment changes: Less than 0.05% of patients have reported hyper-pigmentation.

Burns and Blisters: Less than 0.3% reported cases.

Surface Irregularities: Including dents, rippling and ridges in the skin which may not develop until a month after treatment. Low incidence of 0.2%, with most resolving naturally, or with soft tissue fillers.

Pain and altered sensation: Some patients have reported heat related discomfort and transient aching. A small number of patients, less than 0.1% have reported tingling, numbness and temporary paralysis.

**\*\*Thermage/Grid Radiofrequency (GRF) cannot be performed on patients with pacemakers or defibrillators, during pregnancy or breastfeeding, or while undergoing accutane treatment. It should not be used on diabetics or on patients with auto immune disease. It may also cause an eruption of the Herpes Simplex virus\*\* Please inform your doctor if any these precautions are relevant.**

**\*\*Please inform the doctor if you have any cosmetic tattoos, such as permanent makeup, or if you have had any injectable fillers.\*\***

**All of the risks of the Radiofrequency are not yet known. No guarantees or promises can be made concerning the results of the treatment.**

1. The doctor has explained to me the nature of Thermage/Grid Radiofrequency and I fully understand the possible risks and complications.
2. I acknowledge and understand that no guarantee or assurance can be made on the Results I will get from the treatment.
3. I consent to the taking of photographs in the course of this procedure for the Purpose of assessing my progress.

## **Intracel**

### **What is Intracel?**

Intracel is a state of the art treatment for stimulating skin without the down time of total resurfacing using traditional invasive treatments. The treatment works by fractional radio frequency and dermal needling, heating the deep dermis causing stimulation of the tissue to produce the important deep elements of healthy skin such as collagen and elastin. Uniquely highly effective doses of radio frequency can be used as the tiny insulated needles heat only the dermis leaving the superficial skin smooth and undamaged, with short acting redness.

### **How does it work?**

Tiny insulated needles penetrate deep into the dermis and heat the tissues for micro-seconds. The surrounding tissue is left unaffected so the healing time is much faster than if the entire area is treated at once. The natural healing process of the body produces new, healthy and tighter skin structures in the treated area and the surrounding skin. Skin will appear smoother, clearer and tighter.

### **What conditions can be treated?**

A detailed consultation with your doctor will outline which areas of skin are appropriate for treatment. Because the Intracel treatment spares healthy tissue it is appropriate for use on even delicate skin such as around the eye and face. It can be used to improve the quality and texture of wrinkled skin, around the eyes, chin, top lip neck. Acne & Acne scarring can also be treated.

### **How many treatments will I need?**

Clinical studies suggest that an effective treatment regime is three to four sessions, spaced about 1 month apart. Treatment plans can be very flexible, even when spaced weeks or months apart, results are outstanding. Each treatment session targets 15 to 20 % of the skins surface, outlining the need for successive treatments. Your consultant will tailor a specific programme to treat your individual needs.

### **Is it safe?**

Intracel treatment can be performed in your doctor's office. It is a powerful device and treatment must be carried out by a trained and experienced practitioner to ensure that the correct area is treated at the correct levels.

### **Does it hurt?**

A topical anaesthetic is applied for at least an hour before treatment. During the treatment you will experience a mild prickling sensation across the skin as the treatment head is passed over the area. This increases with the number of passes, the skin can be cooled during treatment to make the experience tolerable. The levels of treatment can be adjusted to suit patient comfort. Occasionally a full anaesthetic, regional block will be performed to improve your comfort.

### **How is the treatment carried out?**

The head will be passed over the entire treatment area. You will experience a prickling sensation followed by a sensation of heat. It is likely several passes to the planned treatment area will be required during each session.

### **Possible side effects**

Initially there will be tiny pinpoint bleeding which will settle in a few minutes. You will experience a mild sunburnt sensation for about an hour after treatment, then virtually no discomfort. The skin will have a pinkish tone for about 2-3- days, this is a normal sign that the skin is healing deeply. Swelling is minimal and resolves in two to three days. Other possible side effects include:-

Redness	Burns
Scabbing	Blanching
Blisters	Pigment Changes
Itching	On set of herpes simplex virus
Temporary pinpoint bleeding	

New skin develops immediately as the healing process occurs.

### **Care following treatment**

The use of sunscreen following treatment is very important to protect the skin during the healing phase and for several weeks following treatment. Makeup can be applied after 24 hours once the initial epidermal healing has occurred. Aloe vera gel and cold compresses can be applied following treatment.

### **When will I see results?**

The results from this treatment are variable, depending on the original quality of the skin and degree of damage to be treated. The skin will begin to feel smoother and tighter even after the first treatment, but the best results from the treatment will continue to improve for up to six months.

## **Volume Enhancing Filler Injections** **(Sub Q/Juvederm Voluma Treatments)**

As we age we lose volume from the face as fat translocates downwards, causing the appearance of jowls and hollows under the eyes. Replacing this lost volume to the cheeks will give a three dimensional lift, minimising deep nose to mouth lines, lifting jowls and giving a fuller more youthful appearance.

### **What are Volume Enhancing Fillers?**

It is our practice to use Restylane and Juvederm products. Non Animal stabilised Hyaluronic acid is used to replace lost volume. It is fully biocompatible and degradable. The product can also be fully dissolved should you not like the end result. Permanent fillers should always be avoided as results can be undesirable as face shape changes over time.

### **Is treatment safe?**

Hyaluronic Acid Fillers are used because they do not contain any animal derivatives, so there is no risk of animal-based disease transmission. No pre testing is required, but you should avoid aspirin and non steroidal anti-inflammatory medication prior to treatment as this can lead to increased bleeding and bruising. Allergic reactions are very rare, but you should advise your doctor if you have any allergies.

### **How do Volume Enhancing Fillers work?**

They consist of clear gel that once injected beneath the skins surface add volume and lift to smooth out wrinkles and folds. The Hyaluronic acid gel is almost identical to the bodies own so it integrates into the dermal tissue then attracts and binds to water molecules to help maintain volume. It is gradually degraded by the bodies own mechanism and disappears without any residue. The treatment does stimulate natural collagen production so often the face remains fuller even after the filler has disappeared.

### **Does treatment hurt?**

Topical anaesthetic cream can be applied to the treatment area. Please discuss your particular anaesthetic needs with your doctor, as we are prepared to give you sufficient time for topical anaesthetic to work. The injection does contain anaesthetic so the treatment although a little uncomfortable is still well tolerated. As the anaesthetic numbs the upper face it is common to feel altered sensation around the eyes, and it takes 20-30 minutes for the anaesthetic to disperse and the face to regain its natural form.

### **What can be expected following treatment?**

The area treated will continue to feel anaesthetised for about 30 minutes. It may continue to feel bruised and hard for the next 48 hours as the filler integrates and softens. The results can be seen immediately, but there will initially be more swelling making the enhancement appear fuller. The results will last approximately 10-14 months. A follow up appointment will be made at 2 weeks to review the end result and make any necessary adjustments.

### **Possible side effects**

The most commonly reported side effects are temporary redness, itching, tenderness and swelling at the injection site. These effects typically resolve in 2 to 3 days. If you are prone to bleeding you may get a small puncture site bruise, and if you suffer from cold sores the injection may trigger a cold sore, so treatment would be given to avoid this. Rare side effects can include an acne type rash or discolouration at the injection site. Antibiotics will be given to prevent the risk of infection as the injection is being placed in a closed space through the skin which involves a minor risk of introducing bacteria. An alcohol wipe will be used on the skin prior to injection to minimise this risk.

### **Is it reversible?**

Yes. Generally we can dissolve this type of dermal filler if you are unhappy with the result.

### **Care following treatment**

Normal skin routines can be commenced immediately. Make up can be worn immediately, and it is not necessary to avoid any usual activities. Facials should be avoided for 4 weeks whilst the treatment settles. Gentle massage on the treated area with arnica cream is encouraged. A course of antibiotics will be given to prevent infection.

**Treatment should be avoided if you are pregnant or breastfeeding  
Treatment should also be avoided if you have an active cold sore**

## **Botulinum A Toxin (BTXA)**

### Muscle Relaxing Injections to Reduce Lines And Wrinkles

#### **What is Botox?**

It is a purified protein produced by the clostridium bacterium and is used in extremely small amounts to relax dynamic wrinkles caused by the contraction of muscles

#### **Is it safe?**

Treatment is safe and effective, side effects are minimal and allergic reactions to injections do not occur. The botulinum toxin is used in much higher doses to treat migraines and excessive sweating disorders than in cosmetic procedures, and has an extensive medical safety record, having been used for more than 20 years to treat neurological and ophthalmological disorders. Botox is not recommended during pregnancy or breastfeeding.

#### **How does Botox work?**

Wrinkles and frown lines are the result of muscle activity and contraction. Tiny injections are administered very precisely into the muscles, and this blocks the nerve impulses from reaching the area, causing the muscles to relax. The overlying skin will remain smooth and unwrinkled.

#### **Does it hurt?**

An anaesthetic cream can be applied before treatment to numb the area, so discomfort is minimal. There may be a mild stinging sensation during treatment, and a transient headache has occasionally been reported following treatment. We can also use a cold stick to numb the area immediately before the injections is given to improve patient comfort.

#### **What areas can be treated?**

The most common areas treated are the frown lines between the brow, the forehead, crow's feet around the eyes and less commonly the top lip and neck. The jawline can also be treated to help lift and contour the lower face.

#### **What can be expected following treatment?**

Effects can take 3 to 10 days to become visible, and will generally last 3 to 6 months. Your doctor will always review your results after treatment to ensure that the optimum results have been achieved. If you decide to discontinue treatment your wrinkles will gradually return to the way they were before treatment.

#### **Possible side effects**

Occasionally a small bruise may occur at the injection site, which can be covered with makeup. Some patient's report a mild headache or numbness, and very rarely a temporary brow or eyelid droop may occur which may last a few weeks. When the lip has been treated there can be some stiffness which causes difficulty pronouncing certain words for a couple of weeks.

#### **Precautions following treatment**

Exercise should be avoided for 4 hours after treatment, and the area should not be massaged for three days. You should remain in an upright position for 4 hours following treatment to limit the spread of substance at the injection site.

**How much does treatment cost?**

Cost varies according to the number of areas treated and your practitioner will advise you of the cost before treatment commences.

**Treatment should be avoided if you are pregnant or breastfeeding  
Bruising may occur if aspirin has been taken**

**Consent**

I agree to photos being taken to assess the progress of my treatment

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Please advise your doctor or Aesthetic Nurse if you have any forthcoming social engagements so a personal evaluation can be made as to any possible downtime associated with the treatment that could impact on your enjoyment of the event. Every individual can react differently to treatment so it is important to alert your practitioner.

I confirm that I have been fully informed about the procedure and my questions have been answered. I understand the exclusions for treatment, and have advised the doctor of any changes to my medical history. I am fully aware of the possible risks and side effects and give my permission for the treatment to be performed. I understand that there are no treatment guarantees, and other treatments available have been explained to me.

**I am of the opinion that my request for treatment is for medical reasons and the personal psychological features that are associated with my request. I have expressed my thoughts and feelings to the treating doctor and consent to the treatment for the purpose of restoring and maintaining the health of my skin and body and my psychological wellbeing.**

**Patient Name.....**

**Patient Signature.....**

**Doctor Signature.....**

**Date Of Treatment.....**

**EMERGENCY CONTACT DETAILS**

Should you feel unwell following your procedure it is important to seek specialist medical advice immediately. In the first instance call Dr. John Curran on one of the following numbers:  
Guernsey Clinic 01481 736699 (Mon-Fri 08.00 to 17.30)  
Dr. Curran's Mobile 07781-165797