

# CULTSKIN®

## CULTSKIN® Pre-and-Post Care Advice for your appointment

Treatment Name: **Combined RF & Micro-Needling**

Product used: EXION / ENDYMED

Treatment aim: Controlled trauma is caused using micro-needles by stimulating the skins' collagen production whilst increasing fibroblast production. Then, the additional benefits of dermal heating by RF (targeted heat energy) include an immediate effect on collagen structure via the stimulation of neocollagenesis, resulting in effective tightening and remodelling.

### **Pre-treatment advice:**

Up to three days prior, refrain from the use of anti-aging actives or topical prescriptive medications, such as alpha hydroxy acids, Tretinoin, Retinols, Glycolic acids, etc.

Gentle shaving or tweezing on or around the treated area is completely fine, up to 3 days prior to appointment, but avoid other hair removal processes that may affect the skin, i.e waxing, creams such as Nair or Lasers.

### **What medical history is required?**

Any previous medical and cosmetic/aesthetic procedure history / Current regular medications / Any allergies / If you suffer from cold-sores.

### **Can I have treatment if I suffer from cold-sores?**

At CULTSKIN®, we advise cold-sore sufferers to take Acyclovir tablets seven days before their treatment appointment to prevent an outbreak. If you have an active cold-sore we CANNOT treat you, so please contact our Patient Care team at your earliest convenience.

### **If I need pain relief before my treatment, what can I take?**

For 24 hours before your treatment appointment, it is advised that you avoid anti-inflammatory painkillers such as Ibuprofen and Aspirin. Paracetamol however, is completely safe to take and the only pain relief CULTSKIN® advises ahead of and after treatment.

### **How soon after treatment can I travel or fly?**

There are no restrictions on flying but we do ask all patients to try and stay in the country for at least 72 hours, preferably two weeks after the treatment appointment. We do advise you to avoid extreme heat for 2-4 weeks after the treatment too.

### **Post-treatment advice:**

**Taking care of your skin following the EXION/ENDYMED procedure is just as important as the treatment itself! The information and advice below will provide you with clear instructions on how to manage and care for your skin ensuring that your skin heals in the most comfortable and easiest way possible.**

#### **Immediately after the EXION/ENDYMED procedure:**

Following the treatment, it is recommended to avoid sun exposure or any excessive tanning for several days after the treatment. A broad-spectrum UVA/UVB sunblock should be used outdoors until the skin is completely healed.

Following the treatment you should avoid any skin irritation in the treatment area for at least 24-48 hours.

Although the usage of regular soaps are fine to use, we strongly advise avoiding the usage of any scrub soaps and exfoliants for at least 24 hours after your treatment procedure.

You may apply makeup to the treatment area 24-72 hours after each EXION/ENDYMED treatment session if there is no skin breakage or open wounds.

Following the EXION/ENDYMED Fractional RF treatment procedure, it is common for patients to experience varying degrees of erythema (redness) and edema (swelling). Additionally, there may also be the presence of small crusts or blisters that can occasionally develop at the treatment contact locations. These will typically slough within one week for more sensitive skin types.

When looking up close at your skin, you may notice the presence of a small 'grid' texture to your skin. Rest assured, this is completely normal as each of these microscopic dots represents what areas have been treated by the EXION/ENDYMED.

Following the EXION/ENDYMED treatment, your skin may feel tight or itchy, this is completely normal and indicates that your skin is starting to heal following the treatment. To help ease any itching or tightness, it is recommended to apply a non-comedogenic moisturiser to the entire treatment area. Please do ensure that any products you wish to use have been approved by your CULTSKIN® Skin Specialist before using. Occlusive's such as Vaseline and any facial ointments should be avoided as these are too heavy to apply to the skin following this treatment procedure.

#### **The Day after the EXION/ENDYMED procedure:**

The day after the EXION/ENDYMED procedure, your skin may still feel tight, dry or itchy so therefore it is recommended to regularly apply the moisturiser recommended by your CULTSKIN® Skin Specialist to ensure the skin remains hydrated.

Ensure that you are regularly reapplying your sun protection and if you are washing your face during the day, remember to reapply your sun protection. This is a vital step to follow following this procedure, as even if you plan on staying at home following this procedure, you may still be exposed to incremental sunlight from any windows, mirrors or even from reflective surfaces.

If on the day after your EXION/ENDYMED procedure you're still experiencing any facial swelling or discomfort, any over-the-counter anti-inflammatories may be of benefit to aid with this. The most common areas of facial swelling are around the peri-orbital (eye) region and around the mouth. Rest assured, this is completely normal and will subside within the following days.

You may notice the small 'grid' texture is more pronounced and in certain lighting may become more apparent. This is completely normal and is a sign that your skin is in its healing process from the internal to external.

On certain occasions, it may also be common for your skin to experience a mild breakout. Rest assured, this is completely normal and can occur when small micro wounds are made on the skin. If you are more prone to breakouts, this can commonly occur due to oil being produced alongside collagen and elastin fibres.

#### **For the Rest of the first week following your EXION/ENDYMED procedure:**

Depending on the skin's sensitivity levels, you may still experience some mild erythema accompanied by facial warmth, so do not worry as some patients' skin takes longer to heal than others.

Continue applying the recommended moisturiser and SPF.

You may still have some dryness and flaking, so please avoid picking or peeling the area. By interrupting the skin's healing process can result in permanent discoloration so please allow your skin to continue healing naturally.

If any breakouts have been experienced post EXION/ENDYMED treatment, avoid touching, squeezing or picking any breakouts as this can damage the skin and result in scarring.

Continue avoiding any prolonged sun exposure and direct sun contact.

By days 4-7 you should be able to resume the usage of your active products however, if your skin doesn't feel fully healed, avoid until skin feels back to normal. If unsure, conduct a test patch with any active products on the treatment area in a less visible patch to check for any sensitivities.

Avoid any hair removal treatments for the next 2 weeks to avoid any irritation to the skin following this procedure. This includes any shaving, tweezing and depilatory creams.

#### **After Week One:**

You should have been able to resume your normal skincare routine and resume any activities and exercise. However, if your skin therapist has advised otherwise, remember to follow their instructions as aftercare can vary between patients.

You should be able to resume applying makeup to the treatment area.

#### **One Month after the EXION/ENDYMED Procedure:**

Your skin is healed and ready to have your next session of EXION/ENDYMED. Be sure to contact us on the details below, so that we can book you for your next session at the earliest convenience.

#### **Contact us if you experience any of the below:**

If you are concerned about any swelling, pain, redness. Please email [bookings@cultskin.com](mailto:bookings@cultskin.com) with photos to be assessed by one of our CULTSKIN® doctors.

If you have a fever, temperature, flu like symptoms, vomiting or any signs of possible treatment infection, please phone our emergency phone line and one of our doctors will urgently assess you.

If you have any signs of allergy, itch, rash, wheeze, shortness of breath – contact 999 as you will need urgent medical treatment – this is very rare and most likely to occur while you are still in-clinic, so your care and safety will be handled efficiently.

Alternatively, should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**.

#### **Review policy:**

Every patient is entitled to a review appointment 14-21 days after treatment. This is a complementary component of your initial treatment and an opportunity to ensure that you are satisfied with the treatment you have received. After this window of time, unless otherwise instructed or extended by your CULTSKIN® Doctor, a review appointment will cost £50 and is not redeemable towards additional treatment, had on the day, if applicable. It is mandatory for patients who have a review appointment booked and do not wish to attend, to provide us with 7 days notice if they wish to cancel the appointment. Failure to do so will result in a £50 charge to cover the time allocated in-clinic for the review appointment. If you have not yet booked your review and wish to have one, please contact [bookings@cultskin.com](mailto:bookings@cultskin.com) and the Patient Care team will be able to arrange one for you.