



PHI Triple Repair Patient Information Leaflet

What is *PHI Triple Repair* and how does it work?

PHI Triple Repair is a combination of the latest treatments and devices used to rejuvenate and enhance skin quality that has moderate to severe scarring or textural concerns. *PHI Triple Repair* helps to increase collagen production and improve the skin's texture.

First an ultrasound device, the *Ultraformer*, is used to stimulate collagen synthesis in the deeper layers of the skin by causing micro thermal injuries. Then a form of dermal filler called *Radiesse* is injected via a tiny needle into the areas of concern to plump up the skin and give support and volume. *Radiesse* also helps to stimulate the body's own natural collagen production over time. Micro needling is then performed to enhance this cascade of new collagen in the superficial layers of the skin. During this procedure, tiny needles are used to create micro injuries to the skin. This stimulates collagen and elastin production by a healing and repair response, resulting in a thicker dermis and a reduced appearance in fine lines, scarring and other textural concerns.

How often should I have treatment, and how many will I need?

On average it has been found that 3-6 sessions are needed to see a significant improvement in indications such as scarring, lines, wrinkles and poor skin quality. These sessions should be spaced 4-6 weeks apart. For patients with little indication but would like to maintain good skin quality and delay the signs of aging it is recommended to have one session every 4-8 weeks. Depending on the specific concern, the number of sessions may be increased or decreased depending on the desired result.

What results can I expect?

Results can be significant depending on the severity of the concern but it is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. Factors such as ageing, damage to the skin or the development of a medical condition affecting the skin may impact the results achieved.

What will I look like?

Initially the skin will remain red and may be hot to the touch for up to an hour after treatment. There may be some pinpoint bleeding from the micro-needling, this usually subsides within an hour and forms incrustations. These incrustations may be visible even under make up for up to a week so please factor this into your schedule when booking for this treatment. Your normal daily activities may be resumed immediately post treatment although please ensure to follow the recommended aftercare advice to help to achieve the best results possible and to minimise complications.

How much will it cost?

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and severity of the concern.

Need more information?

Please call **0207 034 5999** or email info@phiclinic.com if you would like further details about your treatment, or to schedule for an appointment.



PHI Triple Repair Aftercare Information

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications

- Avoid exposure to heat such as baths saunas, steam rooms and exercise for up to 48 hours
- Avoid sun exposure, where possible for up two weeks. Ensure the application of a broad spectrum SPF 50 + to the area when exposed to the sun.
- Avoid the use of exfoliating products and Alpha Hydroxy Acid based products for at least 1 week, as this may cause irritation to the area
- Avoid touching or irritating the treated area. It is common to have incrustation from the insertion points of the micro needles do not attempt to remove these as it may cause damage to the skin.
- Follow a gentle skin care regime for up to 10 days post treatment
- The skin may become dry with flakiness and incrustations, if this does occur it is advisable to use a gentle moisturiser to keep the skin hydrated.
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Common side-effects of treatment include:

- Swelling with mild bruising and or redness for 2 – 3 days
- Incrustations from microneedles
- Mild to moderate pain

Should you need any further advice, or would like to book in for your next session of treatment, please call 0207 034 5999, alternatively, you can email us at info@phiclinic.com