



B E L M O R E

DENTAL IMPLANT CLINIC

## COSMETIC TREATMENTS

- ⊕ Botulinum Toxin A
- ⊕ Thread Lifts
- ⊕ Dermal Fillers
- ⊕ PRGF Endoret Technique



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## TREATMENT: BOTULINUM TOXIN A



- ⊕ Botulinum Toxin A
- ⊕ Results from 3 days
- ⊕ Single treatment
- ⊕ Minimal downtime
- ⊕ Lasts 3-4 months

### What is Botulinum Toxin A?

Botulinum toxin is a naturally occurring protein produced by the bacterium *Clostridium Botuli- num*. 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 a number of medical conditions, including migraine and excessive sweating. Licensed brands of botulinum toxin A include, 'Botox®', Azzalure®, Bocouture®, Xeomin®, and Dysport®. All botulinum toxins are prescription only medicines (POM) and can only be prescribed by doctors, dentists and nurses with the prescribing qualification, following a face to face assessment and consultation with the qualified prescriber.

### How Does it Work?

The toxin blocks the transition of chemical messages sent from the nerve to cause the muscle to contract. Without these messages, the muscle stays in a resting state until the 'messengers' recover. This recovery takes approximately 8 to 12 weeks on average. The aim of this treatment is to significantly reduce the movement of the muscles causing expression lines (dynamic lines). It may not cause the expression lines themselves to disappear completely, this will depend upon the quality of your skin and may take time over a course of treatments. 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 practitioner will advise you. There may be only a partial reduction in movement this very much depends on the amount administered and location of product placement – This is not a one size fits all treatment and may be tailored to suit your individual requirements and expected treatment outcomes – discuss this with your clinician at the time of consultation.

### Does it hurt?

A very fine needle is used and generally this treatment is not painful and can be well tolerated with no anaesthetic. Ice may be helpful in numbing the skin for nervous patients as well as reducing the risk of a bruise.

Used to treat (in cosmetic medicine) 'Though widely used in cosmetic medicine and with an extensive evidence base to support safety and efficacy, Botulinum toxin A brands, Botox® , Azzalure® and Bocouture® are licensed only for the treatment of frown lines;

Botox® recently gained an additional license for crows feet. All other indications are, for the time being, 'off label', i.e. being used beyond the terms of the original license. Many drugs are routinely used off label. Please discuss with your practitioner if you have any concerns and they will be happy to explain further.

- ⊕ Frown lines
- ⊕ Crows feet
- ⊕ Hyperhidrosis (excessive sweating)
- ⊕ Lower face treatment to improve jawline and appearance of neck, known as 'Nephertite lift'.
- ⊕ Worry lines
- ⊕ Lip lines



### After treatment

After treatment it is expected that you will start to see an improvement within 2 or 3 days. The full result may be judged at 2-3 weeks. You may 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. You will be advised to keep the target muscles active for a few hours and to avoid extremes of heat or cold, vigorous exercise, lying down or leaning over for 4-6 hours.

### How long will it last?

Results tend to last 3-4 months. Movement will begin recovering from 8 weeks. Frequent treatment at intervals of less than 3 months is NOT recommended.

### Is it safe?

All treatments carry a degree of risk. All risks and complications will be discussed with you at consultation and prior to any treatment being agreed. Botulinum Toxin should be administered by a healthcare professional with specialist training. Side effects include, but are not limited to;

- ⊕ Bruising
- ⊕ Swelling at injection sites
- ⊕ Redness at injection sites
- ⊕ Asymmetry of expression
- ⊕ Drooping of the brow, or eyelid
- ⊕ Headache or a sensation of 'tightness' or 'heaviness'

Adverse events are uncommon, usually occur within a few days of treatment and are expected to be temporary, usually resolving spontaneously within weeks. Your practitioner will provide aftercare advice designed to minimise risk and promote speedy recovery from any expected side effects.



### Am I suitable for treatment?

Your practitioner will take a detailed medical history and an assessment of your needs and expectations to ensure this is an appropriate treatment for you.

- This must be a nurse, doctor or dentist with specialised training, qualified to prescribe.
- Except in exceptional circumstances this is not a treatment recommended for those under 25 or over 65.
- For best results skin should be in good condition and the target lines not too furrowed. Your practitioner will assess your suitability and advise.
- Botulinum toxin cannot be given to pregnant or breast feeding women.
- Not suitable for patients with certain neurological disorders.
- Not suitable if you are currently taking certain medicines. or if you have previously experienced adverse reactions to any botulinum toxin treatment.

### With any injectable treatment;

- Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).
- If you are taking any medicines which affect bleeding, such as aspirin or warfarin.
- If you are currently or have recently completed a course of Roacutane (acne treatment) in the last 18 months.
- If you are pregnant or breastfeeding.

### Caution

If you are planning to attend a special event when a bruise, should it occur, would be unacceptable to you. If you are planning to attend an important event and any adverse event described would be unacceptable to you, discuss with your clinician in advance of having treatment.

Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol- which should be avoided the day before and after treatment.

Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, after treatment.

If you are at all concerned about symptoms you were not expecting or not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.

### Before Your Botox / Dysport Treatment

Enhance the results that you experience from Facial Aesthetics treatment therapies by following a few simple instructions provided by your clinician.

To avoid bruising it is best not to take any pain relievers that are blood thinners such as aspirin or Vitamin E. Avoid alcohol for a few days after treatment since it, too, is a blood thinner.

Do not use Dysport if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your clinician if you have any questions about this prior to the procedure.

Sunburned skin is difficult to treat so avoid exposure to the sun.

Avoid Waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated. Avoid the use of Alpha Hydroxy Acids higher than 10% and avoid Retinoids.

Inform your clinician if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.

*Always inform your clinician of all medications you may be taking as well as your medical history.*

### Aftercare

You may have bruises in the areas treated with Dysport. This is normal. It will take up to two weeks for you to experience the full effect of the treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following Dysport treatments. Movement of lines diminished is OK. The objective of the Dysport treatment is to improve the appearance of the lines, not necessarily paralyze the muscle. If we can achieve the improvement of the lines without complete paralysis in the area then you benefit from continued use of subtle facial expression in that area of your face.

It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, or squinting). This helps to work Dysport Cosmetic into your muscles. Although thought to help, it will NOT impact your treatment negatively if you forget to do this.

**Do NOT** rub or massage the treated areas for 4 hours after your treatment. Do NOT practice Yoga or any type of strenuous exercise for 4 hours after treatment. Also, avoid facials or saunas for 4 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.

**Do NOT** lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.

Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.

Results of your treatment may take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing if you are pleased with the result.

Because Dysport Cosmetic requires a special technique in order to customise the injections to your individual muscular structure, it is important that your muscle activity recover, BUT that your skin is not creasing to the point from where you started.

Dysport Cosmetic is a temporary procedure and at first, you may find that your treatment results will last approximately 3 or 4 months. If you maintain your treatment appointments with the frequency

### How much Botox do I need



recommended by your doctor, the duration of each treatment result may last longer than 4 months.

Initially our clinic sees patients between the 3-month (12 week) and 4 month (16 week) time period. We are able to create the best clinical results for you during this period. If you allow Dysport Cosmetic to wear off completely, it is difficult for the doctor to be able to see how your individual muscles reacted and therefore optimal results for your face can be more difficult to achieve.



REVITALIZE AND  
REJUVENATE THE FACE.

Dysport<sup>™</sup>  
abobotulinumtoxinA





## TREATMENT: THREADLIFT FACELIFT



- ⊕ Lifting
- ⊕ Contouring
- ⊕ Volumizing
- ⊕ Stimulating Collagen production

### Thread Lifts

A thread-lift, also known as feather lift surgery, is a delicate cosmetic surgery procedure to gently lift sagging facial skin to produce a smoother, more youthful appearance. If gravity has started to take its toll on your face, a thread lift may be a less invasive alternative to a face lift to rejuvenate the face without the risks and downtime associated with surgery.

The thread-lift procedure involves very fine surgical sutures being inserted in to the soft tissue of the face to lift and support sagging areas. It cannot offer the same results as a full face lift but is a good option for a more subtle rejuvenation. And while thread lifts generally produce noticeable results almost immediately and with less risk and inconvenience than more intensive procedures, thread lift costs are quite reasonable compared to traditional options.



### Am I a Candidate?

As we age, the effects of gravity become more noticeable on our faces. The supporting tissue of the cheeks weakens, facial fat is lost, the jawline that used to be firm and tight forms jowls, the edges of the mouth drift down towards the chin, and the lower face and neck sags. Suitable candidates for a thread lift procedure are those who are experiencing mild to moderate sagging of facial tissues.

Suitable candidates for thread-lift surgery are normally women and men aged 35 to 65 who want a more effective and permanent facial lifting effect than fillers and Botox alone can provide, but who do not want or are not ready for a full surgical cosmetic procedure such as a face-lift or brow-lift.

### If you have any of the following concerns you may be a candidate for a thread-lift:

- ⊕ Moderate sagging and laxity of the skin in the cheeks, eyebrows, eyes, jowls and neck
- ⊕ Effects of a previous face-lift or neck-lift are wearing off
- ⊕ Younger patients with cheek and brow sagging caused by weakened muscles (ptosis)
- ⊕ Patients with realistic expectations for the outcome of their thread-lift surgery

### Unsuitable candidates for thread-lift surgery include:

- ⊕ Patients with very thin, fragile and slack skin caused by the aging process
- ⊕ Patients with heavy jowls and pronounced sagging in the facial area
- ⊕ Patients with little facial fat
- ⊕ Patients who do not have realistic expectations for the thread-lift procedure

**Before Surgery** - Before you have a thread-lift you will need to have a consultation with your surgeon to see if you are a suitable candidate. The consultation is your opportunity to ask any questions you might have about the procedure. While a thread lift can deliver great results, it may be the case that you require a more invasive face lift procedure to achieve the desired results. After examining you your surgeon will explain your options and recommend what type of thread-lift you may need to achieve the best result.








### During Surgery

The thread-lift procedure can be performed to lift and support:

- ⊕ Sagging eyebrows
- ⊕ Asymmetric eyebrows
- ⊕ Naso-labial folds
- ⊕ Sagging cheeks
- ⊕ The mid and lower face and neck



TREATED AREA	TREATMENT	RESULT
FACIAL CONTOUR	2 OR 3 SUTURES ON EACH SIDE 	The facial contour is redefined. The cheeks look fuller. The skin regains its firmness
LOWER JAW	2 SUTURES ON EACH SIDE 	The volume of the cheek is redefined. The facial contour regains defines shape.
CHEEKS AND CHEEK-BONES	2 SUTURES ON EACH SIDE 	The cheeks and cheekbones look fuller. The nasolabial fold is diminished
EYEBROWS	1 SUTURE ON EACH EYEBROW 	The outer edge of the eyebrow is raised, the eyes are more open
NECK	2 OR 3 SUTURES ON EACH SIDE 	The skin of the neck regains its tone and looks smoother

During surgery, a hollow needle will be inserted into the skin to put the threads in place.

The threads are attached to the fat underneath the skin, and will then be adjusted to tighten and smooth the contours of your face. The excess thread is trimmed so it does not appear above the skin surface. A thread lift procedure takes approximately 30 minutes to 1 hour depending on the number of areas being treated and the type of threads used.

Contour thread is made of clear polydioxanone with barbs along the thread, which once in position are gently opened like an umbrella, which lifts and repositions the underlying sagging facial tissue to achieve a more youthful appearance. The thread has barbs along the entire length. These barbs are inserted under the skin to draw together the tissue and fill out and lift the sagging skin.



Thread-lift techniques and the number of threads used will vary depending on the type of threads being used. The thread-lift procedure normally only requires local anaesthesia, although you may also be offered light sedation depending on the extent of the thread-lift surgery and your personal preference. The thread-lift operation normally takes 30 minutes to one hour to complete, depending on the number of threads to be used.

In general, the threads are inserted via a small cannula behind the hairline so there are no visible scars. After making the incision the surgeon uses a thick, hollow needle to insert the thread under the facial skin, starting near the cheekbone.

The other end of the thread is then tied to deeper internal facial structures. The thread is gently tugged and pulled upwards, tightening the loose skin and underlying tissues. The barbs on the threads lock into place upon insertion. The ends are secured beneath the skin surface.

The threads remain under the skin to provide structure and support. You should not be able to see or feel the threads once they are in place. The body then generates its own collagen to maintain the lifting effect. The effects can be seen immediately after your thread-lift face-lift procedure.

## What areas can be treated?

⊕ Upper Face Lift

⊕ Eyebrow repositioning

⊕ Chin Augmentation

⊕ Neck Lift

⊕ Lower face Lift

⊕ Full face Lift (with/without neck)

⊕ Mid face Lift

⊕ Cheek Repositioning

**Recovery** – Post-procedure you may experience some slight bruising and swelling, which usually settles in a few days. Recovery is generally quick, with most patients returning to work the next day or after a few days' rest, although you may find that your facial movement is limited for the first week or two.

**Benefits** - A thread lift procedure uses various different types of suture threads to help lift and tighten the skin. This process helps to raise the outer brow area, reduce jowling along the jawline, and reduce sagging in the cheeks, naso-labial (nose to mouth) folds and the lower eye areas.

**Risks and Complications** - There are few potential side effects to a thread lift procedure as the treatment is not as invasive as other lifting procedures. The area treated will often be sore with some swelling, bruising or puffiness for a few days.

**Thread Lift Cost** - Prices for a thread lift vary depending on the areas being treated and can start from approximately £400.

## Thread Lift - What you need to know

### Post Operative Care Instructions For Facial Threadlifts. - Post Operative Care For First 2 Weeks

#### FOR 2 WEEKS POST-OP:

- You MUST limit your active movement for at least 1-2 weeks.
- You may require strong pain relief in the first 2-7 days and there will be strong feelings of tightening which will gradually settle. Please follow the directions on the medication that you have been prescribed. If your pain is not being controlled with oral pain killers and remains significant please contact Dr McEnhill
- Don't raise your brow, laugh or extend your neck—turning left to right—this is dependent on what region you have had lifted. Dr McEnhill will instruct you.
- Don't wear base-ball caps or hats as they will also pull down on your brow.
- Men—avoid shaving because of involuntary grimacing and dragging on your midface.
- The lift will ultimately take 2 weeks to settle.
- If you see any sudden asymmetry between either side of your face or there are other signs of thread breakage that might have caused loss of lift please call Dr McEnhill
- Do not massage areas of lift or the hairline (e.g. at hairdressers) for at least 2 MONTHS post procedure.
- You will be instructed as to when your follow up appointment will be—you will then have the opportunity to ask Dr McEnhill further questions post-operatively.

#### TIPS TO REMEMBER FOR YOUR COMFORT

- Rest as much as you can and try to keep your head elevated at all times. Do not lean over. Try to sleep with your head up and on your back using 3 to 4 pillows— your posture should be at a 45 degree angle for at least 7 days.
- Apply gauze soaked in ice water to your face and hair line during the first afternoon/evening after surgery (reapplying as the gauze becomes warm). After several days crush ice placed in a soft washcloth that has been moistened in cold water and lay it across these areas. Be very careful not to allow the weight of the ice to pull down on your face.
- No work, exercise, sport or any activity likely to raise your blood pressure for the first 7 days. You may do some gentle walking in the second week only.
- Do not rub your face. Protect your face from sunburn and accidental knocks for at least 8 weeks.
- Do not use straws for drinking as they will pull on the face muscles.
- Hold your brow in position with the palm of your hand if crying, coughing or sneezing.
- For mid-face procedures a soft diet is recommended in most cases for at least 7 days, ensure you have prepared for this.





## TREATMENT: DERMAL FILLERS PATIENT INFORMATION



- ⊕ Instant Solution for lines & Wrinkles
- ⊕ Ideal for Folds and Scars
- ⊕ Improves Pockmarks
- ⊕ Reshaping of the Face



**Dermal Fillers offer an instant solution to lines, wrinkles, folds, scars, pockmarks and reshaping the face**

- ⊕ The majority of brands are made from hyaluronic acid
- ⊕ Immediate results
- ⊕ Minimal downtime
- ⊕ Lasts 6-18 months depending on the product, treatment site, lifestyle factors and the individual.

### 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. It 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.

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.

Leading and well established brands include Teosyal & Restylane



### How Does it Work?

Hyaluronic Acid dermal fillers are a clear sterile gel in a syringe for injection into the skin providing instant correction.

### Used to Treat

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

To define, correct or enhance lips

To soften and correct facial wrinkles or folds

To restore lost volume in hands to reduce the appearance of veins and tendons

To improve the tone, texture and hydration of the skin.

### Does it Hurt?

Most leading brands also contain a local anaesthetic and we will apply topical anaesthetic cream, or ice, prior to treatment to numb the skin. Treatment need not be painful.



### Before Treatment

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. Johns Wort, fish oils, Gingko Biloba, Vitamins C and E- may all contribute to bruising and are best avoided 24 hours before treatment. 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.



## DERMAL FILLERS

Are popular anti-ageing treatments for wrinkles and facial lines, in particular forehead lines, crows feet, frown furrows and nose to mouth grooves

### How Long will it Last?

Longevity does vary between products, and between individuals, but most will last between 6 months and 18 months.

### Is it Safe?

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

### Am I Suitable for Treatment?

The practitioner 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 or not this treatment is able to meet them.

### Aftercare Advice

- Most people are able to 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 12 hours
- You are advised to avoid alcohol, vigorous exercise, sun bathing, and extremes of heat or cold for 14 days post treatment. 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, the product may feel harder or lumpy and you may notice some asymmetry. The final result may be judged at 2 weeks.
- Athletes should be aware some ingredients in the product may show a positive in 'anti-dope tests'
- Bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment. Tenderness should settle as swelling goes down.
- Please contact your practitioner 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.



## Post-Treatment Instructions Following Dermal Fillers

### WHAT TO EXPECT during and immediately after your treatment:

- Local numbing medication in the form of a topical cream or through small injections may be used to maximize your comfort during the procedure.
- You may experience a mild amount of tenderness or stinging sensation following injection.
- To ensure a smooth and even correction, your practitioner may massage the area treated, which may cause a temporary, minimal amount of redness to your skin.
- Bruising at the treatment site may occur. To minimize bruising, inform your practitioner if you use blood thinners such as aspirin, ibuprofen (i.e., Aleve, Advil) or herbal preparations (Fish/Flax seed oil/Omega 3's, Ginko, Ginseng, Garlic, Vitamin E) prior to your procedure.
- Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at times, a couple of days.
- It may be normal to feel a "firmness" in your treated area/s for the first few days after treatment. This, again, may depend upon the area/s treated and product/s used. Over time, the area/s will soften and "settle", leaving you with a soft, natural looking result.

### POST-TREATMENT INSTRUCTIONS

- Apply cool compresses to the area/s treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin).
- You may begin wearing makeup once you have adequately cooled/iced the area/s, as instructed and any pinpoint bleeding from the injection site/s has subsided. Mineral makeup works well.
- DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying make-up use gentle, sweeping motions to avoid excessive mobility of the area/s.
- AVOID excessive movement of the treated area/s for the first few hours and up to 2-3 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- You may take a Paracetamol type drug if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products as they may increase your potential to bruise.
- AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling.
- AVOID extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s.
- We recommend you wait a minimum of 2 weeks before receiving any skincare or laser treatments.

### Additional Instructions:

Call our clinic promptly if you experience ANY of the following:

Increasing pain, swelling, significant bruising or darkening at or around the treatment area, notable change in temperature to the skin surrounding the treatment area, drainage or fever or ANY other concerns you may have.



## TREATMENT: PRGF®- ENDORET FACIAL REJUVENATION



- ⊕ Less Wrinkles
- ⊕ Better Skin Consistency
- ⊕ Improved Hydration
- ⊕ Increase in Skin Brightness

Thanks to advances in regenerative medicine, it is now possible to use your own body to regenerate itself by means of the platelets found in your blood plasma which, for example, heal your wounds.

The PRGF®-Endoret® technique isolates, concentrates and extracts "growth factors" from your own blood to repair and rejuvenate your skin naturally. Following the initial 3-month course of treatment, the use of your own growth factors will result in a natural regeneration that does not change your facial expressions.

**PRGF is the Natural way and answer! Do You Want to look years younger?**



## benefits OF PRGF®-ENDORET® TECHNIQUE

- Less wrinkles - facial lines lose their depth
- Better skin consistency PRGF®-Endoret promotes secretion of collagen and elastin, giving firmness and reducing sagging skin
- Improved hydration of your skin ensures high level of hydration as shown in clinical trials
- Increased brightness of your skin the lustre of your skin improves progressively

The plasma facial known as PRP or plasma rich proteins, is premier news in anti-ageing right now. The treatment is designed to combat the signs of ageing without the need for surgery.

Using very small amounts of blood taken from your arm, about the same amount taken in a normal blood test. This blood is then separated through a process of centrifugation (spinning) into the layers of red blood cell, clear serum and platelets. The platelets are the important components here as they release growth factors which stimulate healing, skin repair and skin regeneration.





The serum is injected painlessly into the surface area of skin to be treated. The serum is rich in growth factors, natural proteins that then speed up healing and reverse damage in the body. This rejuvenating facial is harnessing and using the body's NATURAL and normal repair mechanisms. The serum stimulates DNA repair, heals scars and makes dry wrinkled and dull skin feel and look younger, naturally.

### Is the treatment safe and what side effects may I experience?

You may have very slight bruises in the odd area and feel mild discomfort but expect nothing severe, we can apply a topical anaesthetic if you would like. However, the Magic micro needle makes the procedure painless.

There is no question of allergic reaction as the plasma is obtained entirely from your own blood. PRGF®-Endoret is 100% natural whereas, other PRP systems use animal products to activate the plasma. The efficacy and safety of this technique is supported by more than 15 years of research in tissue regeneration by BTI, by the large number of clinical trials carried out successfully and the recognition of the international scientific community.

Furthermore, more than half a million patients have been treated with PRGF®-Endoret® technology without a single adverse outcome reported. Among all patients treated are athletes and relevant media personalities. More information can be found on BTI's website:  
<http://bti-biotechnologyinstitute.com/regenerative-medicine/>

Many famous people such as Rafael Nadal, Tiger Woods, Ronaldo, Barcelona star Xavi Hernandez and king Juan Carlos 10f Spain have benefited from the advantages of this technique, then going on with their careers much sooner than traditional treatment would allow.

### What are the benefits?

- ⊕ 100% Autologous (i.e. you provide and receive your own growth factors)
- ⊕ No external additives
- ⊕ Increased skin consistency
- ⊕ Wrinkle reduction
- ⊕ Higher hydration and freshness sensation in the face
- ⊕ Increased brightness and luminosity
- ⊕ No facial expression changes
- ⊕ Bio-stimulation of the areas treated
- ⊕ Compatible with other aesthetic treatments



## Amazing Anti-Aging

Safe & effective skin rejuvenation using your own blood's proteins with  
**PRGF®-Endoret®**

### Who is the treatment for?

Treatment is recommended as a preventative level starting from the age of 35 to slow the aging process, or from 45 years on, with regenerative and corrective purposes.

### How is the treatment applied and will it hurt?

PRGF®-Endoret® is administered by "Mesotherapy", which is a minimally invasive treatment involving micro-injections being delivered directly into the mesoderm (middle layer of skin).

At Belmore Dental Implant Clinic we are fortunate to have the U225 Injector which is a highly sophisticated, powerful and quick mesotherapy injector which therefore renders the needle entry virtually painless.

### How long does the process take?

The effects of PRGF®-Endoret® microinjections are progressive and begin to be evident after 24 hours from the first application, with an increase of the smoothness and brightness of the skin with each new session. It is recommended to receive 3 sessions in the first 3 months:

Subsequent treatments sessions are usually between one to three per year depending on your age and skin type. Our clinician will inform you of the most appropriate treatment according to your unique profile.



### How Should I prepare for treatment?

- Please remove all make-up prior to treatment

### What will I look and feel like immediately after the treatment?

- As a result of the intra-dermal injections, your skin may feel more sensitive and there may be some transient redness or localized swelling. This will resolve within hours/days of treatment. As a result of the blood extraction, there may be the appearance of a small hematoma (bruise) at the point of puncture.

### I've heard of 'PRP Therapy', 'The Vampire Facial' and 'Dracula Therapy' – are they all the same?

No, PRGF (plasma rich in growth factors) is our trademarked term for a form of PRP therapy (protein rich plasma). PRGF®-Endoret® (our technique) is a patented system and the only one with all health certificates required internationally so it ranks as the safest and highest quality technique in the market nowadays. The following PRP therapies are totally different protocols as they involve the inclusion of synthetic fillers and vitamins.

- "The Vampire Facelift" - as seen done on Kim Kardashian - is a trademarked term by an American Doctor called Charles Runnels. His technique is to use a form of PRP (not PRGF) which he mixes this with synthetic fillers to inject. The result shows blood all over the patient's face.
- There is another cosmetic doctor in London called Daniel Sista who again has trademarked the term "Dracula Therapy". He too mixes vitamins with the PRP (not PRGF).

### Post Treatment Advice

- Avoid wearing make-up for the rest of the day
- Only use Alcohol-free products on your skin for the rest of the day
- Holidays and sun exposure - we advise that you use a high SPF sun-cream and avoid tanning your face for a minimum of 1 week post-treatment







# B E L M O R E

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